

USA GYMNASTICS

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WM 14 NOV 4

The Gymnast's Journey to L.A. 84 is winding down. Inside this issue three important events are covered. All three lead down the path to the Olympic trials where the men's, women's and rhythmic Olympic teams will be chosen.

Cover photo: Mitch Gaylord
USGF photo © 1984 Dave Black



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WILEY-INTERSCIENCE, INC. is pleased to announce the first revised edition of *Computer Mathematics*, written by the author of the first edition (1964-1970). Contents: §§1-1.8 (theory); §§2 and 3 (theory); §§4-1.8 (theory); §§1.9-1.10 (theory); §§1.11-1.12 (theory); §§1.13-1.14 (theory); §§1.15-1.16 (theory); §§1.17-1.18 (theory); §§1.19-1.20 (theory); §§1.21-1.22 (theory); §§1.23-1.24 (theory); §§1.25-1.26 (theory); §§1.27-1.28 (theory); §§1.29-1.30 (theory); §§1.31-1.32 (theory); §§1.33-1.34 (theory); §§1.35-1.36 (theory); §§1.37-1.38 (theory); §§1.39-1.40 (theory); §§1.41-1.42 (theory); §§1.43-1.44 (theory); §§1.45-1.46 (theory); §§1.47-1.48 (theory); §§1.49-1.50 (theory); §§1.51-1.52 (theory); §§1.53-1.54 (theory); §§1.55-1.56 (theory); §§1.57-1.58 (theory); §§1.59-1.60 (theory); §§1.61-1.62 (theory); §§1.63-1.64 (theory); §§1.65-1.66 (theory); §§1.67-1.68 (theory); §§1.69-1.70 (theory); §§1.71-1.72 (theory); §§1.73-1.74 (theory); §§1.75-1.76 (theory); §§1.77-1.78 (theory); §§1.79-1.80 (theory); §§1.81-1.82 (theory); §§1.83-1.84 (theory); §§1.85-1.86 (theory); §§1.87-1.88 (theory); §§1.89-1.90 (theory); §§1.91-1.92 (theory); §§1.93-1.94 (theory); 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USGF EDITORIAL

Dark Clouds Loom, So Does Silver Lining

Once again, the political cloud has settled over the international sports arena. It is difficult to imagine the possibilities of world leaders agreeing on such topics as nuclear arms reduction when they cannot agree on a friendly exchange of sports.

Most people will feel that the international sports arena is the only fair and just battleground that remains between nations. To trust our results to the stopwatch, a tape measure or a panel of neutral judges seems quite a bit more acceptable than to trust the fate of our world to politicians who have sometimes no more than the mere election at heart.

Perhaps the issue would be different if the competition in question was something other than the Olympic Games. The United States knows quite well the impact of a boycott of the Olympics. We felt that in 1980. It cannot be said to the Eastern countries that they are mistreating the spirit of the Olympic Games. We started the issue in 1980. No one can honestly say our reason was a good one and their reason is not. It is also hypocritical of anyone to criticize the Soviet Union if they, in fact, supported the boycott in 1980. The fact remains, two wrongs do not make a right and as usual, the athlete suffers.

I am sure the Soviet Union athletes, many potential Olympic champions, are questioning the fate of the Olympic movement as well as their country's decision, just as we did four years ago. We feel deeply for their loss, a loss we understand so well due to firsthand experience. However, there is still a very bright picture on the horizon for the United States. We will compete after waiting eight years. It is something of great value that cannot be altered, no matter who is—no one who is not there.

It is no different than if your fellow competitor misses his grip or loses his footing. An incident like this can alter the

Olympic results. Our athletes will not run any slower or try any less because of the field of competition. The US will field its strongest team ever. Our athletes will be in peak condition. The fact remains that this is still the Olympic Games and the outcome determines the Olympic champions.

The Los Angeles games will be a tremendous boost for gymnastics in America. When we needed this exposure so badly in 1960, it did not come. We must all take advantage of the great coverage gymnastics will get in Los Angeles.

The gymnastics competition will still be as exciting as ever. The men's competition features three of the top four teams in the world including the USA. The women's competition will still be as tough as ever. The Olympic Games will retain the same respect and prestige it always has and deserves from the international sporting community. The political decisions will not diminish the importance of the awards and medals our athletes will receive. They will still be the Olympic champions.

We cannot think of who is not there, but rather who is. I am sure that when the American flag is raised and they play the Star Spangled Banner in Los Angeles, no American will think of politics. The Olympic champion will always be Olympic champion. Let all of us in the sport of gymnastics totally support our Olympic athletes. They are representing not only the United States but also the sport of gymnastics. They deserve the best because they are our best.

Let all of us participate in the Olympic Games by supporting, encouraging and cheering on our Athletes. All of us will be standing with them after they accept their Olympic medals.

See you in Los Angeles.

For the United States Gymnastics Federation,

Mike Jacki
Executive Director

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By Sue Stuller
Eugene, Oregon

Cohorts

"Nobody gets anyplace without a good assistant."

I was getting a little tired of the gossyping next to me rattle on with his left field commentary about the gymnastics meet on TV. Finally, as Jim Howard jumped up to the rings and a short fellow in a Nebraska warm-up streaked Howard, the guy leaned over and said, "Francis Allen's a hell of a good coach, isn't he?"

"He sure is," I answered. "but that guy there is Jim Howard."

Typical, even for Howard, probably the best known assistant coach in the country, who isn't married to the head coach. The Communists didn't win the NCAA championships this year and no one is going to mistake Makoto Sakamoto for Art Sharlock, but a pattern is obvious. Nobody gets anywhere without a good assistant.

The typical college assistant coach used to be a fifth year senior, who organized equipment setup for home meets and made sure the bus was on time for away meets. After graduation, he got a job as an assistant coach at a local club until he could afford to start a club of his own. It was the perfect cover for a guy hiding from the IRS. Nobody knew who you were until you never got paid.

Then in 1969, University of California head coach Ed Frey hired a Japanese assistant, gave him a real voice in the program and insisted on calling him "Master." Frey and Mas Watanabe worked out well together, proving two heads are better than one, provided both heads know what they are doing. "I gave him a lot of leeway and freedom," recalls Frey. "But because he was Japanese, he was constantly making sure that I was in charge."

The accelerating evolution of gymnastics has made it harder and harder for one coach to turn out a long-listed team by himself. If there is one thing common to all the top programs across the country, men's and women's, college and club, it's that the assistant coach is far more than a towel manager. The job of assistant coach is no longer regarded as a stepping stone which must be endured. The best of the assistants are being given responsibilities that used to be reserved for the head coach, including working with the best kids in the gym.

"At the beginning of the year, we take a look at the people we've got to work with and put them into two groups," explains Howard. "We try to put guys that work out in similar fashions in the same group." Each day, the team warms up together, goes through group tumbling, then breaks into two groups for the remainder of practice.

"It's not that we totally divide them," says Howard. "There's a lot of good communication in the gym all the time. If I see something that one of the guys in Francis's group is doing that should be corrected, then I'll tell him about it. It's not like his group goes to one end of the gym and the other goes to the other end and we don't speak to each other."



Jim Howard in the right hand stance of Francis Allen at Nebraska. (All photos by Todd Quire Black)

"If there is a decision that involves the whole group, that comes from Francis. We may talk about it in the office before the whole group is informed, but everybody knows that Francis is the head coach."

If anything, being an assistant allows coaches to avoid the distractions of administration, especially on the club level. "It's unbelievable what Bill and Donna (Struss) have to go through every day," says Nebraska coach John Holman. "Sometimes it's tough for them just to get on the floor because the phone is ringing and there are so many problems that have to be taken care of. My job is strictly coaching. When I'm in the gym, I'm out on the floor."

Bill and Donna are the head coaches. They kind of oversee the program and the organization itself. Robin Newall and myself are the assistant head



Mary Wells (NCAA), joined Jim Howard's

coaches. Between the four of us, we work together almost as a team."

"There are far less headaches being an assistant coach," says SCAT's coach Mary Wright, who was her own boss for six years in New Zealand before coming to this country. "You don't have to worry about the financial aspects of running a gym."

Exactly the reason Bill Sands left his own gym in Chicago to work as an assistant to Greg Mendon at the University of Utah while finishing his master's degree. "The gym was struggling. I was 30 years old and tired of literally living in the gym," explains Sands. "I absolutely positively will never again put myself in a position where I

have to sweat every day whether the gym is going to make it."

"Being an assistant allows you to be more limited in your coaching," says Wright. The assistant is free to concentrate strictly on coaching Sands adds. "What I have to add are the nuts and bolts of coaching. I'm not involved with the panoramic aspects of coaching."

With the combination of dance and acrobatics in women's gymnastics, there is a natural segmentation in coaching responsibilities. "The title assistant coach is actually a misnomer," says National Academy of Artistic Gymnastics coach Dick Whitehill. "I'm supposed to be the head coach, but Linda (Wetherby, his wife) does all the choreography. You certainly couldn't call me the head coach of that phase of gymnastics."

Basically, it takes the same thing to be a good assistant coach as a good head coach. If the assistant shows the aptitude, it's up to the head coach to get the most out of the assistant. "In order to be a good coach, you have to be involved," says Wright's boss,



Robin Petross and John Petross enjoy their roles as Beverly assistants

Don Peters. "It's hard to be involved if your role is merely to assist. I like the coaches to be accountable and responsible for the performance of the gymnasts. You can't hold them responsible, if you don't give them the authority to do their job."

Consequently, the SCAT's gymnasts are divided into groups much like the UCLA and Nebraska men's teams. Peters and Wright are responsible for one group. Steve Gerlach and Julie Knight are responsible for the girls in their group. "If the girls mess up on floor or beam, it's my fault," says Wright.

But, if the girls do a good job, it's usually Don Peters that gets the credit, whether he wants it or not. "I think that's always a sore point with assistant coaches. It's the same in football or basketball. There are defensive coaches and offensive coaches but it's the head coach that gets the credit."

Recognition, of course, is junk food for the ego, a tasty substitute for knowing you've done the job well. "I don't think it's a matter of being head coach," says Sands. "But being able to contribute."



Niles and Art confer



Greg Mendon, head coach of Utah, discusses what he's learned from assistant Bill Sands (middle) and Donna Green.

NATIONAL OFFICE NEWS

'84 National Team Candidates Selected

Chicago, Ill.—The top 18 men and top 20 women were selected for the 1984 USGF International Women's National Team at the 1984 USGF International Women's Championships in 1984. Before becoming official USGF National Team members, athletes are selected to attend several events which were organized at a preliminary meeting with athletes and coaches Monday May 14 in Chicago. Over the athletes have reviewed the National Team Membership Agreement, signed by USGF clubs and persons; discussed information for athletes and coaches; received information to the National Office; a letter of introduction will be sent to each athlete to the USGF National Office. At that time the athletes will receive the competitive and basic support and information about future events.

The team meeting was conducted by Nancy Mitchell, USGF representative to the USGF Board of Directors and Mike Janki, USGF Executive Director. USGF and visiting representatives included Cheryl Smith, Coach, United States National Team; Jack Rockwell, Athlete, United States National Team; and the following: "USGF National Team News".

Meeting topics included the role of the USGF Office, Director of Selection procedures for women USGF Events, 1984 USGF Events, Representatives of National Team Members, National Championships, Olympic Games, Athlete's Profile Book, USGF Drug Testing.

Jack Rockwell, from Boston & Olympic the first representative of the USGF as a representative, and who has worked previously with the Olympic Club & Athlete's Foundation, answered questions.

Candidates for the 1984 USGF Women's National Team are: Mary Lou Retton, Julianne McNamara, Piaa Miller, Michelle Dumais, Lucy Weber, Kathy Johnson, Danae Durbain, Trishie Latham, Mary Rockwell, Kim Hennessy, Tim Rizzo, Heather Corbin, Tommy Smith, Debra Smith, Debra Wilson, Yumi Morita, Kerry Davies, Michelle Deshaies, Lisa Morley, Michelle Hille, and Jojo Ross.

Candidates for the 1984 Men's National Team are: Mike Claydon, Peter Vidmar, Jim Harwig, Tim Duggan, Chris Biegel, Steve Johnson, Jon Miller.

Rory Johnson, Brian Muller, Matt Arnes, Brian Bicknell, Dan Hughes, Maria McCutcheon, Mark Case, Billy Paul, Charles Larkin, Jon Dornen, and Rachel Grogan.

The following athletes have joined and a Olympic Team: Maria Timar, Ben Gower, Phil Gagliardi, Lucy Kay, Beth Smith, Women's Team, Lisa Whitely, Elizabeth Murray, Trishie Latham, Kelly Davidson, Tracy Paul, Pauline, in the meeting in the Team, they will be eligible for the National Team.

See "Journey to LA" section for more event coverage.

Note to Future Olympians

By F. Dan Miller
Executive Director USGF

Despite the dark shadows upon the path to the Olympic Games by the early withdrawal of politics. And now a Olympic effort will have general interest in a future ahead in Los Angeles.

Each of you are preparing for the Olympic challenge should be proud of what you have learned. Whether you are the Soviet Union or any other nation, you are to be proud of what you have learned. You are to be proud of what you have learned. You are to be proud of what you have learned.

Each of you has worked hard, and achieved a lot of preparation to the Olympic Games. And now you are to be proud of what you have learned. You are to be proud of what you have learned. You are to be proud of what you have learned.

The supply of talent will not be in Los Angeles, and you will have the chance to perform a living record of the future in the world of sport.

of your friends, athletes and your nation, and your own country. That is something to be proud of and be proud of.

The 1984 Olympic Games will be an unforgettable event, and your athletes will be fully motivated by millions of people in the United States and throughout the world. Los Angeles will be the center of a new celebration of athletic sports among people living millions of miles away.

The spirit of growing bodies of success sports and your Olympic Games Committee will give you the best of luck, and we urge you to continue your training and preparation for the Olympic Games in the most secure way in which you have been working for the past few years.

Good luck to you, because the Olympics are great. The only way to be better is to be better. We will be in Los Angeles, and we will be in Los Angeles. We will be in Los Angeles, and we will be in Los Angeles. We will be in Los Angeles, and we will be in Los Angeles.

NJGA CELEBRATES ANNIVERSARY

By Bill Korte
NJGA USGF

The NJGA was founded in 1963 by a group of gymnastics enthusiasts from nine USGF member organizations: the Turner, YMCA and BSA. This organization complements the USGF's role in promoting and supporting gymnastics growth in the New Jersey area.

A highlight of its 21st anniversary was the 20th Anniversary NJGA Banquet. Special recognition was given to Phil Bolger for his 20 years of service to the New Jersey gymnastics. Tim Gault of Mount Carmel, Mr. & Mrs. John Barabara, Mr. & Mrs. Tim Davidson, Mr. & Mrs. Bob Galt, Mr. & Mrs. John Henshaw, Mr. & Mrs. Jerry Korte, Mr. & Mrs. Robert McCarley, Mr. & Mrs. Ed Moulton, Mr. & Mrs. Tony Rogers, Mr. & Mrs. George Pugh, Mr. Cliff Spence, Mr. & Mrs. Robert Spence, Mr. & Mrs. Mary Spence.

We wish to express special appreciation to those and all who have contributed to the growth and development of New Jersey gymnastics and thank for continuing for another 20 years of growth.

1984 USGF National Women's Gymnastics Coaches Seminar

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Salt Lake City, Utah

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Michigan, Ohio Tops At Regional Class II State Champs.

By Steve Miller Region V WFG Regional Director

To add another dimension to the Class II Regional meet, Region V sponsored a Regional State Championships on April 26-27, 1984 in Cleveland, Ohio at the Ohio National Gymnasium. Each state team was comprised of the top six athletes per age group who qualified through their respective State Meet. Scoring was determined by the adding the high five compulsory scores plus the high five optional scores per event. This format guarantees that every nation meets. The addition of coaches who have completed agencies can another 40 persons per event to complete against the other teams in their region.

Children's Division

1st Place Michigan Team 110.75

Represented by: Heather Duncan 47.00

Emily Skinner 45.50

Shirley Chisley 46.75

Julia Chisley 45.50

Wendy Mizus 44.00

2nd Place Ohio team 111.12

Sharon Boyce 47.00

L. Chamberlain 44.15

Karen Miller 44.00

Debi Lyle 44.25

Tracy Barrett 41.25

3rd Place Illinois Team 110.00

Represented by: Tracy Marwick 45.50

Bria Adams 42.25

Dana Zander 41.25

Shirley Kestner 40.50

Other Competitors: 39.75

Other Competitors: From Indiana 44.00

Kevin Conroy 44.00

Kevin Jackson 44.00

Ben Stevens 41.75

From Kentucky 44.25

Scott Patton 44.25

Junior Division

1st Place Ohio Team 140.75

Represented by: Karen Gaudin 49.25

Frances Gifford 48.75

James Gifford 48.75

Darlene Meyer 48.75

Lynette Gorman 48.00

Julie Schell 47.50

2nd Place Indiana Team 140.50

Amy Blumenthal 49.00

Barry Voss 48.00

Marlene Quinn 47.50

Chae Sanders 46.50

Stephanie Kemp 47.25

Ann Starks 47.50

Valerie Goodell 46.50

3rd Place Michigan Team 138.75

Represented by: Cheryl Coward 48.50

Janet Hoyle 49.25

Holly Brummett 46.50

Melissa Ginn 46.00

Steph Hogg 44.75

Billy Williams 45.00

Shirley Chisley 46.00

Other Competitors: 46.00

Blanco Team 111.75

Melinda Myers 45.50

Lynne Hertz 45.00

Amy Yankovich 45.75

Joan Horvath 45.00

Clara Berkley 46.00

Barbara Team 112.00

Berlin Whitson 44.50

Lisa Renshaw 44.25

Agnes Moore 41.50

Staff Blackburn 46.00

Mary Fincher 44.00

Laura Long 41.50

Senior Division

1st Place Ohio Team 241.00

Represented by: Clara Dornick 47.50

Brian King 45.25

John Henry 45.00

Debbie Sprague 44.00

Barbara Whit 47.25

2nd Place Illinois Team 237.00

Tracy White 45.00

Laura Roth 44.50

Robert Gorman 44.00

Debi Shroyer 46.50

Debi Tapp 45.00

Julia Beckman 44.00

3rd Place Michigan Team 237.00

USGF Office Has Volunteer

Over the week-end of Portland OR has been this spring term, April 2-May 10, 1984, was spent at the U.S. Gymnastics Federation office in Indianapolis. A major objective to produce some team from Chicago State University. To receive 14-1982 level/level medals, she has won 400 points, kept a daily journal and worked on a team project.

Her special responsibilities have been at the USGF where she has received the experience of Cheryl's team where she has received in personal participation in a spring term, producing her winning com-

Represented by:

Doni Stank 48.75

Barry Jennings 48.00

Marlene Miller 48.00

Mark Cohen 48.00

Barb Duncan 46.00

Tracy Blaney 45.25

Other Competitors:

Robert Toot 504.25

Amy Roper 48.00

Anna Smith 48.00

Barry King 48.15

Larry Kile 47.00

John Wheeler 48.00

Lois O'Brien 48.00

Barbara Stevens 48.00

Debi Allen 48.00

Barb Duncan 48.00

Colleen Kile 48.00

Represent V sponsored its athletes to Chicago and

Region V and all who helped make this a successful competition.

Positive Vibes Flow At Jr. Olympic Spring Training Camp

By Michael H. Wiley
Boy's Junior Program

The goal of spring training camp was to help each gymnast learn new apparatus and learn about preparing for competition. The Jr. National Team that consisted was divided into two teams and a staff member assigned to each team as the coach. USA-Gym coached by Ray Ginn (Derek King, Jason Kent, J.J. Smith, Brian Tomlinson, and Steven Adams), USA-Bred coached by Michael Wiley (Barbara Clark, Ted Thomas, Dave Gorman, Greg Gorman, and Paul Smith), USA-Ginn coached by Tim Gorman (Bill Borker, Carla Borker, Clark Gorman, Joel Tucker, and Steve Rogers). USA-Gym coached by Greg Rogers (Dave Gorman, Holly Gorman, Cheryl Gorman, Holly Gorman, and Chris Miller).

The team concept was developed in a program on spring Jr. Olympics for future national and international as well as National Championships. Dr. Robert McArthur introduced the 1-2-3 system in gymnastics that split and enhance the maximum performance from each gymnast.

The 1-2-3 system represented one greatest concept, two greatest preparing, and three people (the coach as well as supporting). Each team on individual goals to achieve team goals. The goal to win or obtain a high score was not part of the camp, but only to accomplish it early in realizations is possible to acquire the highest percentage.

The boys started each day with morning exercises before breakfast. The morning training session began with stretching and the Jr. Olympic warm-up designed and brought by Brian Capin. They received three classes in the morning. The team concept was not lost when they left the gym for they had to work hard together. One team prior to the afternoon training they attended a sports psychology session with Dr. McArthur who helped them visualize how to mentally prepare through various physical and mental relaxation exercises. Afternoon practice began with the Jr. Team warm-up group and specific dance elements. They trained on their remaining three events and after lunch concepts reinforcing ended with what the boys looked forward to each day. After dinner the Jr. Team met together as a group to discuss their day to include or to share films of the 1983 NCAA and the world team World Championships. The day ended with a meeting of each USA Team with their coach.

The positive flow of energy and working together will work because the atmosphere of energy is not for control and the Jr. Team on your team was used by the program and coaches. Although arrangements support the goal to win or to change, the program is aimed with no pressure on the Jr. Team. The Jr. Team had a positive approach and working together to win was not the goal.

Weisbaden Good Substitute for RSG Athletes

By Alie Skirby
1984 Olympic Rhythmic Coach

After the USA Rhythmic Team had been planned to go to Russia, however a visa was issued too late for the team's coach, Michele Breda of the Detroit Metro's and Valerie Zimov of the Los Angeles Light's were very disappointed. But a quick decision by USGF saved the day, and the 1984 team was off to Weisbaden, West Germany.

A little nervous about this being our first international competition of the season, we all met at the airport where our tickets were waiting. Being prepared to compete in Russia, we were all somewhat apprehensive about the Weisbaden International Tournament. We didn't really know what to expect, where to go, or what the level of competition would be. Much of our flight time was spent speculating on the surprises that awaited us.

The Weisbaden Tournament included teams from 21 countries with seven of the top gymnasts in the World scheduled to compete. Every major Rhythmic Team in the World was represented, with only the World Champion Bulgarian team absent. The list of competitors and this "Who's Who" is in the Rhythmic Gymnastics world. There were the No. 1 Soviet USSR team with Galina Bogdanova and Dana Kozlov; Maria Bobo of Spain (Rhythmic World of West Germany); Russia (Dietrich of East Germany); Divina Zaccarelli of Romania; to mention just a few. All of them ranked in the top 10 gymnasts of the World Championships this past November. It really made us wonder who was going to compete in the USSR. Most were in equally scheduled to attend.

It's very hard to describe the feeling as the 23 countries marched in. The musical band came and the top gymnasts from USSR, Romania, West Germany, East Germany, Hungary, Italy, Spain, Sweden, Norway, Portugal, Israel, Canada, Belgium, Denmark, England, Finland, Poland, Austria, France, Yugoslavia, Holland, Switzerland, and the United States were assembled and ready.

The first day Michele started with Ball. Al-

though the routine was close with no mistakes, Michele started a little too tight, and her performance lacked her usual soft confidence. Considering that this was her first meet after such strong competitors, it was understandable that she would be nervous at first. She received a score of 9.60 which I immediately presented as too low for the quality and execution of her routine. The judges turned down the protest and let the score stand. Valerie was second with her Ball routine. Although she performed with excellent, a few minor mistakes led to a score of 9.85.

Cheer was the second event for the American Team. Again both gymnasts made a few minor mistakes but our American style was very well received by the large crowd of spectators. Scores for cheer were 9.80 for Michele and 9.85 for Valerie. She ended the first day of competition. The effect of the long flight, the time change and lack of sleep (we were up for almost 26 hours without sleep) took its toll.

On the second day of the Tournament, Michele drove pulled her in the first rotation of the disc for the ribbon event. I felt although she was not entirely awake and her performance looked sloppy. She made a few mistakes, dropping the ribbon twice which really upset her. The agent and choreographer both carried over to her jump routine. Her beautiful jump routine was not so bad since she scored as though she was not in the proper frame of

mind or mood. Even so she scored 9.10 and finished with an all around score of 37.75 putting her in 10th place out of a field of 48 gymnasts. Quite an accomplishment when you consider the caliber of this competition.

Valerie's second day also began with ribbon. She did an impressive routine with no mistakes, scoring 9.10. She looked much more confident and calmer than the previous day. Her final event was hoop which is Valerie's strongest asset. At World Championships she started a 9.35 in this event. This made the day's outstanding job, scoring 9.60 and qualifying for finals in the top eight positions. This was quite an honor to compete in finals with the world's best. Michele missed placing for finals by only 0.2.

Finals were held the same day. It rained and was very much of World Championships all over again. Here is our premier American team competing against opponents who have been involved in Rhythmic Gymnastics for literally hundreds of years. You can imagine the anticipation and tension as Valerie prepared to meet the giants in this sport in the international arena. But Valerie was beautifully composed and confident, and expressed joy and spectators alike scoring even higher with a 9.85 in 9.40 routine. Valerie placed 4th in the event, missing the bronze but placed medal by only 0.05. She had triumphed over some of the best gymnasts in the world.

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- must be registered for Congress
- Winners determined by audience applause.

RSG Highlighted at 1984 AAHPERD Convention

Members of the Los Angeles School of Gymnastics presented two demonstrations at the American Alliance of Health, Physical Education, Recreation, & Dance (AAHPERD) Convention in Anaheim, California, March 31, 1984. The 5th annual meeting, attended by 150 National Youth coaches, Lynda Bree was a morning pre-demonstration for the USOC's "Focus on the Olympic Games" while the demonstration, the hour received by the Anaheim School was repeated in the City State District 1 and enthusiastically received a standing ovation from the approximately 225 in attendance.

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Palassou, Not Flashy Just Stylish

Roy Palassou, a native of San Jose, California, started gymnastics at age nine, working with Mike Bengtson from Denmark. During this time, Bengtson emphasized the importance of sound basics and a mastery of these skills before learning more difficult combination skills. Roy feels that much of his present skill level is due to that early emphasis of the basics.

L.G. Were you ever involved with the USGF Boys Junior Program?

R.P. When I was about 18, I went to work and trained with Walchiro Miki for about three years. It was with Mr. Miki that I got involved with the philosophy/emphasis of the Boys Program. Because my basics were so strong, it was easy to pick up not necessarily bigger skills, but more competitive tricks. They taught me how to get to the elite level before. I was highly dependent on my coach for all my information. The Jr. Program taught me how to be an independent thinker, how to train, discipline myself, go 100 percent if I want to get better. You have to train good form if you want to learn good form. They provided me more technical knowledge, and reinforced what I had already learned. Basically, they taught me how to learn and not have to have someone watch me all the time. They taught me how to be independent.

L.G. It seems like you and Rich Chese have a good coach-athlete relationship; what kind of effect has that had on your collegiate gymnastics?

R.P. Rich has really helped to guide me through a lot of my problems. Last year before my knee injury, I wasn't used to competing NCAA, and because the schedule and season are so long, versus the USGF season, when you compete maybe once a month, I felt that I competed so hard, and burned myself out emotionally and physically. That's about when I got hurt. I had to have knee surgery a little over a year ago, and I was in a cast for about three months. Rich really helped me through all that. He was discussing type coaching. We don't use eye to eye all the time, but it sure helps to have a different point of view. He mainly helped me with a part of gymnastics I wasn't accustomed to which was working with a team. I've learned to trust a little more dependently, but also still train for my independent goals.

L.G. I've heard you meant the injury as a positive instead of negative; what do you mean?

R.P. Well, it made my competitive year this year completely different. I had to start out slow and pace myself. I'm much more ready for this competition (USA Championships) emotionally than if I had trained like the previous year. It was hard. I was really so quiet, but Rich guided me through the rough spots. People like Brian Baker probably one of the most positive people I know, have helped me be competitive enough to get through this because I know he's been through it before also. I don't think I could have made it through if it hadn't been for the positive reinforcement from my coach, family and girlfriend.

L.G. You received the 1984 Nissen Award. How do you feel about it?

R.P. I felt very honored. For me it is the highest honor. I could personally receive. Originally, when I started gymnastics, it was more or less an interest to get an education, and the discipline. I've learned from gymnastics carried over into studies when I got into college. If I didn't do well in school, I wouldn't be able to do gymnastics. Especially with the injury.



Roy Palassou has been downstage during several of the 1984 Nissen award ceremony which celebrates gymnasts' efforts in a crucial period of the competitive career. (1982 photo © 1984 Gene Black)

Palusani has cited the support of his family and friends for helping him rebound from a knee injury last year. (USGF photo © 1984 Steve Bialy)

I've had to work extremely hard in the past months. The Moser Award was gratifying and very uplifting.

L.G. How about the 1984 Olympic Team? What are some of your immediate goals?

R.P. Making the Olympic Team is a funny thing with me. I haven't based my whole career on making the Olympic Team. It would be the culmination of time and hard work. The Olympics would be like the ring on the case. If it's financially feasible, I'd like to stay in gymnastics long enough to hopefully help the USA program grow; be able to add encouragement to some of the younger guys who could benefit from some of the experience that many of us have had.

L.G. When you do decide to retire from competition and all is said and done, what do you want the history books to say about Roy Palusani?

R.P. I guess that Roy the person was a good person not only a gymnast, and that he felt gymnastics should be clean and executed to the utmost, with good basics, and that he brought a style to the sport that could be learned from and maybe used again.

I asked Roy if there was anything else he wanted to add, and he said "I mentioned Mike Beagon at the beginning, but I want to thank him because I owe him a lot. He kept me inspired and disciplined for nine years. When I was wrestling, playing baseball and doing into other sports he kept me going." After our discussion, I felt inspired. He was a much more positive, but thoughtful and mature. Roy than I had met two years earlier. He may not be a flashy gymnast, but he's got style and substance... things that good gymnasts are made of...



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Concentration

Don't Leave Home Without It

By Mike Boskin
USA Gymnastics Editor

When you get right down to business, there are many elements in a gymnastics performance that cannot be overlooked. To do so would mean a distraction, a break in the routine, or worse yet, loss of concentration which could spell disaster.

Concentration is very important, but to some, very hard to obtain. Every person has a different way of "getting up," or "psyching themselves up" for a meet. Football players sometimes resort to beating on lockers, or each other to get their minds prepared to take the field. Baseball players sit alone in quiet corners, waiting for the introductions and their time to take the field.

Gymnastics is different from these sports. It is more of an individual effort. Getting warmed up, stretching and preparing to do a routine are left largely up to the individual. All a coach can do is warn the athlete of the worst that can happen, but the gymnast and coach know only one of them can perform.

Hearing from athletes at the top of their sport is common these days. But it is those who are on the bottom rung, looking up the ladder, dreaming of the days when it will be possible to look down, that make up the majority of athletes participating in the world of gymnastics. Even though they are not at the top yet, their nerves and thoughts on preparing mentally to do a routine are very interesting.

During the Region V Regional meet recently outside Chicago, young gymnasts were asked to voice their opinion about "getting up." Dawn Horta of Sunrise Gymnastics Academy, Delta, Ohio says she likes to block out everything. "I like to think over my routines thoroughly before my turn," said the six-year gymnastics participant. Horta finished the Saturday session with a total score of 32.45 which qualified her to continue on Sunday.

"Making my routine. That's what I concentrate on," said 14-year-old Mike Condon of Englewood Gymnastics Club. The Dayton, Ohio native and five-year gymnast states the beam is her hardest routine so mentally you go for Condon is not alone in her thinking almost every gymnast felt the beam was the hardest. Twelve-year-old Dana Dubransky of Seefelt Heights, Michigan has been involved in the sport since her sixth birthday. "When you fall off the beam you just have to go on and pretend like it never happened. I just try to block it out and think positive thoughts." The member of the Associates who scored a 35.45 during the competition, left adding "Never think bad things. Always be positive."



Sometimes it just takes a few minutes of sitting on my front mat before the right emotional experience can start. (Carol 1982 photo © 1984 Mike Boskin)

Gymnastics on television interested Lori Cummings, 13, of Dayton, Ohio five years ago. Now, the member of the Englewood Gymnastics Center feels she has two hard events to gear up for, the beam and the bars. "I just want to hit my routine. I also think about staying tight."

Mary Montgomery, 15, of Cincinnati has a certain part of her anxiety she concentrates on during her routines. "I have to concentrate on keeping my legs straight." She must have kept them straight enough during the competition as the eight-year participant of

Queen City Gymnastics Center received a score of 55.70.

Shannon Beal's thinking is right along the lines of Montgomery's. Beal, 13, of Topeka Gymnastics in Elyria, Ohio thinks long and hard about her balance beam routine. "Staying on the beam, that's what I think about. Keeping my shoulders straight is something I need to remember." The five-year gymnastics competitor also stated, "I have found that once you compete, you can't think about you just events. Either way if you messed up or did well, you have to block that out and go on to the next routine."




Blocking mentally their worries is a popular way to get up for an event.



GYMNASTS JOURNEY TO LA '84

1984 Champion of the USA
Mary Lou Retton

- 
- A photograph of Mary Lou Retton in mid-air, performing a backflip over a horizontal bar. She is wearing a white long-sleeved shirt and a red and white striped leotard. Her arms are extended upwards, and her legs are bent at the knees. The background is dark and out of focus.
- CHINA vs. USA
 - 1984 McDONALD'S CHAMPIONSHIPS OF THE USA
 - 1984 VIDAL SASSOON RHYTHMIC GYMNASTICS CHAMPIONSHIPS OF THE USA

(USAG photo © 1984 Dave Black)

USA-China Erupt Over Diamond Head

Durham Paces Women To Victory

By Lois Graves
USA Gymnastics Staff Writer

The 1984 McDonald's International Classic was held at the Neil Blaisdell Arena in Honolulu. It was April 3-5. The gymnastics competition featured a dual meet competition between the Peoples Republic of China and the United States. This was the last team dual competition for the U.S. before the Olympic Games this summer and was a good indication of our team strength going into the final countdown for the games. Both teams brought seasoned world championship competitors as team representatives. The competitors included:

Men's Team

CHN Tong Fei
Li Xiaoping
Xu Zhaoping
Zhou Linsen
Xu Weidong
Luo Yun

USA Mitch Gaylord
Peter Vidmar
Jim Hartung
Tim Duggert
Brian Biskamp
Scott Johnson

Gymnast's Team

Mu Yuxiang
Chen Yongyao
Hing Guisao
Wang Xiaoyin
Wu Jiali
Zhou Ping

Diane Darhaus
Julianne McManus
Kathy Johnson
Pam Wilcock
Michelle Dumares
Lucy Winter

Men's Team Competition

The U.S. Men's team had their work cut out for them against the defending World Champions, and they met the challenge superbly. The Chinese won the team meet, 294.75 to 294.65, but not without the U.S. team close behind on every event. There were six perfect scores of 10.0 given during this round which conceivably could have been 12.0's, but the scoring system doesn't allow for it, if the scores start out on the high side of the scale.

The Chinese have always been noted for their style and grace of movement and their superbly performed technical execution. This competition was no exception. The crowd, though smaller than hoped for this season, responded enthusiastically to the awesome display of competition by both teams, uniquely different—the U.S. being the aggressive challenger, and the Chinese being the smooth, cool and collected World Champions, both being equally as exciting.

Floor Exercise—Highlighting the floor exercise was Tong Fei's 10-0 floor art. Missing a back muscle strain, his warm-up was short, but his performance was not. His performance was so effortless that it makes one wonder if the Chinese are bound to the same gravitational laws as we are. He moves with a slide double, kicking out to the landing—and dismounts with an ailing back double back.

After the second pass, he adds a full twisting butterfly to some traditional work to add style and originality. There was a 4-way tie for second place with Xu Zhaoping, Mitch Gaylord, Li Xiaoping, and Peter Vidmar, all turning in strong performances.

Parallel Bars—Form and execution were keynotes in this event, the U.S. not being able to quite match by 1 the execution of the Chinese. Highlighting this event were the unbelievable performances of Li Xiaoping and Tim Duggert, both scoring 10.0. Li Xiaoping, silver medalist in the recent World Championships in Budapest, moved fluidly across and around the bars in a traditional style.

Duggert, on the other hand, adds an aggressive spark to this event that electrifies the observers. He too moves fluidly across and around the bars with difficult combinations of scissors circles and flares, but his aggressive attack almost bouncing from parallel to the bars and back, adds the Duggert flare to this work, and a style of his own.

Rings—It was another close event for both teams, the Chinese team topping the U.S. team by .05. There was a three-way tie for first place with Xu Zhaoping, Mitch Gaylord and Peter Vidmar with a 9.0. The 4th place with a 9.0 was shared with Tong Fei, Li Xiaoping, and Jim Hartung.

Vault—Vaulting was another close event score wise with the Chinese team topping the U.S. team by .15. A general observation is that the .15 was in height, distance and landing. Xu Zhaoping won this event with an outstanding handspring pike front with 1/2 twist, 9.95. Second place was a three-way tie at 9.85 with Tong Fei—Tuckahara full, great distance, top on landing, Luo Yun, handspring pike front with 1/2 turn, incredible height, good distance, but landed short, small step forward, and Mitch Gaylord—Tuckahara full on layout position, good form but hop on landing.

Parallel Bars—This event was also close. The Chinese team had some trouble, but just enough to allow the U.S. team, turning out strong acts, to overtake them. The Chinese team swung almost effortlessly between the bars as well as around them.

Tim Duggert (left) had an excellent meet in the China vs. USA competition. Duggert scored a perfect 10.00 for his ground floor routine. (USAG photo © 1984 Bob Kennedy.)



Zhou Lixin won the event with a conservative but beautifully swung routine with a 10.0. Mitch Gaylord met that challenge with a great set, but scoring .05 short of the total second with a 9.95. In a screwy way no far third with 9.85 was Tong Fei. Xu Zhiqiang, Li Xiaoping, Peter Volmar, James Hartung, Tim Daggett, Xu Wenhong.

The Chinese showed why they are worthy World Champions in this event (high bar). Their ease of swing and terrific amplitude and execution were awesome. Winning this event were Gaylord and Xu Zhiqiang, both with 10.00.

High Bar—The Chinese showed why they are worthy World Champions in this event. Their ease of swing and terrific amplitude and execution were awesome. Winning this event were Gaylord hitting the "Gaylord 2" and piked 1 1/2 in out dismount, and Xu Zhiqiang, hitting cold, a double-swinging, double back (breaking the twice about the length of the high bar?), both with a 10.0. Taking third place was Tong Fei and Tim Daggett with a 9.87 with outstanding performances.

There were performance highs and lows on both sides, but the Chinese team was more polished, but in no way out-classed the U.S. team.

All-Around—The all-around title was shared by World Champions Tong Fei, and Xu Zhiqiang with a 59.45, followed by Gaylord with a 59.35.

Event Finals—The event finals were highlighted by Tim Daggett and Xu Zhiqiang again on parallel bars, winning with a 10.0. Lou Yan, who took 4th place in this event at the '85 World Championships, hit two outstanding vaults, with scores averaging 9.95. Lou Yan hit on parallel bars with 9.95, similar to his act (with Dmitri Beloszerchev) for a gold medal again at the '85 World Championships. This time he too won with the U.S.'s Daggett.

WOMEN'S TEAM COMPETITION

Both teams were strong with a lot of combined experience on both sides. The U.S. Women's Team was aggressively looking forward to this meeting to help pave the way for their challenge at the summer Olympics, after a disappointing seventh place finish at the '85 World Championships in Budapest.

The Chinese women, who came in fifth place at the '85 World Championships, also were looking for a victory. The Chinese team, led by veterans Ma Yanhong and Chen Yungang, were most noted for the elegance, flexibility and virtuous execution on bars. The U.S., led by veterans Kathy Johnson, and Julianne McNamara, and sparked by Dianne Darham, were noted for their depth of talent and diversity of strength. No 10.0's were recorded in the Women's team competition.

Vault—Vaulting had highs and lows for both teams. As a general observation, the landings were not as solid as they could have been. Almost all vaults of those that were completed had hops or steps on landing. Wang Xinyan with a Tsukahara fall, in tuck position, and Dianne Darham with a Tsukahara fall, in lay out position tied for first with a 9.85. Kathy Johnson's Tsukahara in layout position took third with a 9.8.

Uneven Bars—This event was close and strong for both teams. The virtuous swing and handstand position of the Chinese is a thrill to observe, however, not to discount the dynamism and power of the U.S. team. Ma Yanhong and Julianne McNamara took first in uneven with a 9.95, McNamara with an aggressive, deliberate swinging routine and Ma with spectacular form and her back with a half on tuck position dismount. Zhou Ping incorporates a dynamic combination after her mount sequence from low bar, straddle over high bar catch



China's Ma Yanhong returned to the World Championships from dominating the American crowd with perfection on the uneven parallel bars. (1985 photo by PSMA Photo Service)

China's world champion Yang Ping lost his *All-around* for the all-around in the 1984 McDonald's International's Senior Men's Finals (1984 Davis Cup).



in tight grip, straddle back over low bar. Dianne Durham hit a strong bar set and took third with a 9.675 (one of several mistakes to be base score).

Balance Beam—This event spelled disaster for the Chinese. Out of six routines there were five falls versus the U.S. team's one fall. Though their routines were conservative in performance, it paid off for the U.S. and added to the team lead. Zhou Ping with a superb set showing great flexibility and elegance took first with a 9.8, and in second was Ma Yansheng, 9.85 and McNamara third with a 9.4.

Floor Exercise—A close event for both teams, the US showed strong training and depth, whereas the Chinese team underscored their strength and mastery of dance and performance to keep the event close. Their music selections varied from classical to the marching bands and popular jazz. Though their tumbling was weak, their dramatic dance and musical interpretation kept the crowd cheering. The US coach gave the crowd more to cheer about from the break dancing steps of Michelle Dusserre to the lovely classical portrayal by Johnson, and precision of McNamara, and then to the explosion of Durham, who won the floor exercise with a 9.85. Michelle Dusserre and McNamara tied for second with a 9.8.

All-around—The all-around competition was close, but Durham with 49.525 burst forward to be a dominating force, not scoring below a 9.75. McNamara and Ma Yansheng were close behind at 49.25 and 49.2 respectively.

Event Finals—Highlighting event finals were Ma Yansheng in true World Champion form, with a 10.0 on uneven bars and a 9.95 on balance beam. Durham took the floor exercise honors with a 10.0.

The USA women's team showed a tremendous team spirit throughout the entire event, with the lesser experienced of the team drawing strength from their veteran counterparts and the veterans drawing strength from the depth of the team. If this team is an indication of what the team might be like this summer, it could be a shining two weeks in Southern California.

Yang Ping's incredible brightness also will complement the talent of the Chinese PMA staff used in Moscow. (AP/Wide World Photo) (1984 Davis Cup)



Chinese gymnast International fell with an excellent twist, putting the USA team in 1992 place # 19th (by Japan).

MEN'S ALL AROUND SCORES

		FR	PH	B	V	FE	AB TOTAL
11	Chen Yibang	PRC	9.50	9.50	9.50	9.50	38.00
12	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
13	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
14	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
15	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
16	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
17	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
18	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
19	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
20	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
21	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
22	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00

USA vs. CHINA April 3, 1984

MEN'S EVENT FINALS

FLOOR EXERCISE

Place	Name	Country	Score	Place	Name	Country	Score
1	Wu Yibang	PRC	9.50	1	Wu Yibang	PRC	9.50
2	Wu Yibang	PRC	9.50	2	Wu Yibang	PRC	9.50
3	Wu Yibang	PRC	9.50	3	Wu Yibang	PRC	9.50
4	Wu Yibang	PRC	9.50	4	Wu Yibang	PRC	9.50
5	Wu Yibang	PRC	9.50	5	Wu Yibang	PRC	9.50
6	Wu Yibang	PRC	9.50	6	Wu Yibang	PRC	9.50
7	Wu Yibang	PRC	9.50	7	Wu Yibang	PRC	9.50
8	Wu Yibang	PRC	9.50	8	Wu Yibang	PRC	9.50
9	Wu Yibang	PRC	9.50	9	Wu Yibang	PRC	9.50
10	Wu Yibang	PRC	9.50	10	Wu Yibang	PRC	9.50

POUNCE, HIGH BAR

Place	Name	Country	Score	Place	Name	Country	Score
1	Wu Yibang	PRC	9.50	1	Wu Yibang	PRC	9.50
2	Wu Yibang	PRC	9.50	2	Wu Yibang	PRC	9.50
3	Wu Yibang	PRC	9.50	3	Wu Yibang	PRC	9.50
4	Wu Yibang	PRC	9.50	4	Wu Yibang	PRC	9.50
5	Wu Yibang	PRC	9.50	5	Wu Yibang	PRC	9.50
6	Wu Yibang	PRC	9.50	6	Wu Yibang	PRC	9.50
7	Wu Yibang	PRC	9.50	7	Wu Yibang	PRC	9.50
8	Wu Yibang	PRC	9.50	8	Wu Yibang	PRC	9.50
9	Wu Yibang	PRC	9.50	9	Wu Yibang	PRC	9.50
10	Wu Yibang	PRC	9.50	10	Wu Yibang	PRC	9.50

WOMEN

Place	Name	Country	Score	Place	Name	Country	Score
1	Wu Yibang	PRC	9.50	1	Wu Yibang	PRC	9.50
2	Wu Yibang	PRC	9.50	2	Wu Yibang	PRC	9.50
3	Wu Yibang	PRC	9.50	3	Wu Yibang	PRC	9.50
4	Wu Yibang	PRC	9.50	4	Wu Yibang	PRC	9.50
5	Wu Yibang	PRC	9.50	5	Wu Yibang	PRC	9.50
6	Wu Yibang	PRC	9.50	6	Wu Yibang	PRC	9.50
7	Wu Yibang	PRC	9.50	7	Wu Yibang	PRC	9.50
8	Wu Yibang	PRC	9.50	8	Wu Yibang	PRC	9.50
9	Wu Yibang	PRC	9.50	9	Wu Yibang	PRC	9.50
10	Wu Yibang	PRC	9.50	10	Wu Yibang	PRC	9.50

WOMEN'S ALL AROUND SCORES

		FR	PH	B	V	FE	AB TOTAL
1	Chen Yibang	PRC	9.50	9.50	9.50	9.50	38.00
2	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
3	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
4	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
5	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
6	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
7	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
8	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
9	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
10	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00
11	Wu Yibang	PRC	9.50	9.50	9.50	9.50	38.00

USA vs. CHINA April 4, 1984

WOMEN'S EVENT FINALS

BALANCE BEAR

Place	Name	Country	Score	Place	Name	Country	Score
1	Wu Yibang	PRC	9.50	1	Wu Yibang	PRC	9.50
2	Wu Yibang	PRC	9.50	2	Wu Yibang	PRC	9.50
3	Wu Yibang	PRC	9.50	3	Wu Yibang	PRC	9.50
4	Wu Yibang	PRC	9.50	4	Wu Yibang	PRC	9.50
5	Wu Yibang	PRC	9.50	5	Wu Yibang	PRC	9.50
6	Wu Yibang	PRC	9.50	6	Wu Yibang	PRC	9.50
7	Wu Yibang	PRC	9.50	7	Wu Yibang	PRC	9.50
8	Wu Yibang	PRC	9.50	8	Wu Yibang	PRC	9.50
9	Wu Yibang	PRC	9.50	9	Wu Yibang	PRC	9.50
10	Wu Yibang	PRC	9.50	10	Wu Yibang	PRC	9.50

FLOOR EXERCISE

Place	Name	Country	Score	Place	Name	Country	Score
1	Wu Yibang	PRC	9.50	1	Wu Yibang	PRC	9.50
2	Wu Yibang	PRC	9.50	2	Wu Yibang	PRC	9.50
3	Wu Yibang	PRC	9.50	3	Wu Yibang	PRC	9.50
4	Wu Yibang	PRC	9.50	4	Wu Yibang	PRC	9.50
5	Wu Yibang	PRC	9.50	5	Wu Yibang	PRC	9.50
6	Wu Yibang	PRC	9.50	6	Wu Yibang	PRC	9.50
7	Wu Yibang	PRC	9.50	7	Wu Yibang	PRC	9.50
8	Wu Yibang	PRC	9.50	8	Wu Yibang	PRC	9.50
9	Wu Yibang	PRC	9.50	9	Wu Yibang	PRC	9.50
10	Wu Yibang	PRC	9.50	10	Wu Yibang	PRC	9.50

WOMEN'S TEAM STANDINGS

Place	Team	FR	PH	B	V	FE	AB TOTAL
1	USA	48.00	48.00	48.00	48.00	48.00	240.00
2	PRC	48.00	48.00	48.00	48.00	48.00	240.00

MEN'S TEAM

Place	Team	FR	PH	B	V	FE	AB TOTAL
1	PRC	48.00	48.00	48.00	48.00	48.00	240.00
2	USA	48.00	48.00	48.00	48.00	48.00	240.00

Gaylord, Retton Crowned '84 USA Champs

McDonald's Championships A Resounding Success

McDonald's Championships of the USA

McGraw Hall May 11-13, 1984

The 1984 McDonald's Championships of the USA held special significance this year. Not only did the top 18 men and top 20 women qualify for the 1984 USA National Teams, but it was also one step closer to the 1984 Olympic Team selection. This year's meet found Mitch Gaylord, National Champion for a 2nd year in a row, and Mary Lou Retton extending her '84 streak, by being named the 1984 Women's National Gymnastics Champion.

On the Monday prior to the competition, once again the Olympics made headlines. This time it was the announcement from the Soviet Union about their withdrawal from competition at the 1984 Summer Olympic Games. That announcement was to be followed by ones from Bulgaria, East Germany, and other eastern block nations. It was something we had all hoped would not happen, that the 1980 Boycott was behind us, that never again would a field of human athletic competition be tainted by political interference, but it appears to be inevitable. It was interesting to note that we, the media, seemed to be more pre-occupied with it than the athletes. Very little was said about it during the three days of intense, exciting competition. It didn't affect the vibrant crowd of enthusiastic gymnastics fans who enthusiastically supported gymnastics at its best—that is USA Gymnastics. Possibly only the

athletes affected by the 1980 Boycott can identify with the disappointment of the foreign athletes who will be unable to participate in the 1984 Olympic Games. Those USA gymnasts/Olympians who are again vying for the 1984 Olympic Gymnastics Team, as they make the Olympic Squad will be in Los Angeles, competing for and representing their sport and country as their counterparts did in 1980.

Men's Competition

Of the 63 competitors in the men's competition, there were alot of new faces that have moved up the ranks through the Junior Boys Program to broaden the depth of the Men's Program. The top 18 scores ranged from 117.85 to 115.0 for 12 events, in '83 the range was from 117.95 to 111.90, and in '82 the range of the top 18 scores was from 116.55 to 108.7. The score of 108.7 would rank the athletes at #41 in the 1984 competition. As the competition gets closer at the top, the consistency in compulsories and optional becomes much more important. For example, Mario McCutcheon and Dennis Hayden scored 9-9 performing excellent Optional High Bar routines, but due to their high bar scores in compulsories, they didn't make finals.

The compulsory session for the men was a plus in this competition. Adding the optional session, the men showed even a greater depth. To give a better picture of the depth per event, the top 8 competitors per event and their scores from the preliminary round are listed below.

Preliminary Round/Event

Floor Exercise	Comp.	Opt.
P. Vidmar	9.7	9.65
J. Hartup	9.75	9.75
C. Rangel	9.8	9.65
M. Gaylord	9.7	9.75
T. Daggett	9.75	9.75
J. Nelson	9.65	9.5
B. Paul	9.65	9.65
C. Luker	9.45	9.75

Rings	Comp.	Opt.
J. Hartup	9.65	9.65
M. Gaylord	9.8	9.65
P. Vidmar	9.75	9.8
S. Johnson	9.7	9.8
T. Daggett	9.7	9.7
B. Paulson	9.6	9.75
D. Hayden	9.65	9.5
B. Belyach	9.45	9.65

Pommel Horse	Comp.	Opt.
P. Vidmar	9.75	9.65
M. Gaylord	9.8	9.9
T. Daggett	9.7	10.0
C. Rangel	9.65	9.8
J. Hartup	9.65	9.75
B. Connor	9.6	9.65
M. McCutcheon	9.65	9.7
S. Johnson	9.65	9.65

Vault	Comp.	Opt.
C. Rangel	10.0	9.65
J. Nelson	10.0	9.65
M. Gaylord	9.85	9.7
S. Johnson	9.75	9.7

Scott Johnson had a great meet at the McDonald's Championships of the USA. Johnson finished in a top place in in the all around (1983 photo). (1984 photo stuck.)



Photo: Maria Woldenberg of USAFIM finished ninth in the all-around and second in the uneven parallel bars during the individual competition (1984 photo by USAFIM Gary Black)

P. Vidmar	9.85	9.75
J. Hartung	9.85	9.75
B. Campbell	9.8	9.75

Parallel Bars	Comp.	Opt.	High Bar	Comp.	Opt.
M. Gaylord	9.9	9.9	P. Vidmar	9.75	9.95
T. Duggan	9.75	9.85	M. Gaylord	9.7	10.0
B. Bakstok	9.75	9.85	B. Polossov	9.65	9.75
J. Hartung	9.75	9.8	B. Paul	9.6	9.75
P. Vidmar	9.6	9.7	J. Hartung	9.75	9.75
D. Haydon	9.65	9.65	J. Milon	9.65	9.6
S. Johnson	9.65	9.65	T. Duggan	9.6	9.65
C. Luker	9.7	9.6	S. Johnson	9.55	9.6

The difference between the 1st place and 8th place were a major break or less. Floor Exercise— 95, Pommel Horse— 4, Rings— 5, Vault— 5, Parallel Bars— 5 and High Bar— 15.

Scores of 10.0 are always highlights and in the Men's Competition there were 4 awarded during the 5 days of competition. They were for Chris Riegel and Jim Milon on Compulsory Vault, Tim Duggan on optional Pommel Horse and Mitch Gaylord on optional High Bar. Good job!

Besides the consistent strong showing of Gaylord, Vidmar, Hartung, and Duggan, Chris Riegel, Scott Johnson and Jim Milon made their intentions known as did the remaining new National Team members. Ray Polossov, confirming a comeback from an injury had a great compulsory round and still on optional floor and some steps on vaulting kept him from tying the same of the optional session. Also with a great compulsory round, Bart Conner is on the comeback from a recent surgery which removed bone chips from his elbow. Bart did not complete the optional session and petted out through to the Olympic Trials.

Women's Competition

The 25 ladies who competed had the 1984 McDonald's Championships of the USA came to Chicago for a specific reason and did not ease up until the competition was over. They were all fiercely competitive, some more familiar faces were replaced by new ones, but all represented their sport well. There were very few major misses and it meant the judges had their work cut out for them.

Going into the Olympic trials and the major international event in our gymnastics history, compulsories were a major factor. Therefore, in determining the all-around scores and new national team, the scores were weighted, 60% counting on compulsories and 40% on optionals. Qualifying into event finals were based on 50.00 total. The scores were really competitive. The point spread between 1st and 20th was only 5.6, with compulsory scores ranging from 38.15 to 35.85.

In the compulsory round Mary Lou Retton lead the group with 38.15, closely followed by Michelle Dusserre with 38.10, JoAnne McManus and Lucy Wimer tied for third with 37.8 and Pam Black placed 5th with a 37.7. Kathy Johnson who finishes strong in compulsories, had a break on the handstand before the dismount on compulsory bars and a break during the handstand pommel on floor. For givens, if we added .6 to Kathy's compulsory score, 38.0 (had she not had those breaks) she would have been 3rd in the compulsory round and with weighted scores 2nd (from 6th) in the all-around. Breaks just don't pay! The competition was tough.

The optional competition found Mary Lou, awesome, 39.49! And a 10.0 on vault! Gymnast extraordinaire! Then there's JoAnne McManus 2nd in the all-around, and indeed a special rise in the gymnastics garden. Pam Black, Michelle Dusserre, and Lucy Wimer came, they saw, they conquered. These semi-seventeeners showed



Mary Lou Retton, of Maryland's Community, received a standing ovation after her Karate floor routine. For her efforts, she received a perfect 10.00 score—awarding her the title of 1984 floor exercise champion of the USAFIM (1984 photo by USAFIM Gary Black)



—Long jumper of 24.75, performs in first place, finished sixth in the American Championships of the U.S. with 15' 6" point (1982 photo by Bob Davis)

PLACED	TEAM	SCORE	PLACED	TEAM	SCORE
1	Michigan	100	1	Michigan	100
2	Illinois	95	2	Illinois	95
3	Ohio	90	3	Ohio	90
4	Indiana	85	4	Indiana	85
5	California	80	5	California	80
6	Washington	75	6	Washington	75
7	Florida	70	7	Florida	70
8	Texas	65	8	Texas	65
9	Arizona	60	9	Arizona	60
10	Colorado	55	10	Colorado	55
11	Georgia	50	11	Georgia	50
12	North Carolina	45	12	North Carolina	45
13	South Carolina	40	13	South Carolina	40
14	Mississippi	35	14	Mississippi	35
15	Alabama	30	15	Alabama	30
16	Arkansas	25	16	Arkansas	25
17	Louisiana	20	17	Louisiana	20
18	West Virginia	15	18	West Virginia	15
19	Oklahoma	10	19	Oklahoma	10
20	Kentucky	5	20	Kentucky	5
21	Tennessee	0	21	Tennessee	0
22	Missouri	0	22	Missouri	0
23	Nebraska	0	23	Nebraska	0
24	Kansas	0	24	Kansas	0
25	Minnesota	0	25	Minnesota	0
26	Wisconsin	0	26	Wisconsin	0
27	Illinois	0	27	Illinois	0
28	Indiana	0	28	Indiana	0
29	Ohio	0	29	Ohio	0
30	Michigan	0	30	Michigan	0
31	California	0	31	California	0
32	Washington	0	32	Washington	0
33	Florida	0	33	Florida	0
34	Texas	0	34	Texas	0
35	Arizona	0	35	Arizona	0
36	Colorado	0	36	Colorado	0
37	Georgia	0	37	Georgia	0
38	North Carolina	0	38	North Carolina	0
39	South Carolina	0	39	South Carolina	0
40	Mississippi	0	40	Mississippi	0
41	Alabama	0	41	Alabama	0
42	Arkansas	0	42	Arkansas	0
43	Louisiana	0	43	Louisiana	0
44	West Virginia	0	44	West Virginia	0
45	Oklahoma	0	45	Oklahoma	0
46	Kentucky	0	46	Kentucky	0
47	Tennessee	0	47	Tennessee	0
48	Missouri	0	48	Missouri	0
49	Nebraska	0	49	Nebraska	0
50	Kansas	0	50	Kansas	0
51	Minnesota	0	51	Minnesota	0
52	Wisconsin	0	52	Wisconsin	0
53	Illinois	0	53	Illinois	0
54	Indiana	0	54	Indiana	0
55	Ohio	0	55	Ohio	0
56	Michigan	0	56	Michigan	0
57	California	0	57	California	0
58	Washington	0	58	Washington	0
59	Florida	0	59	Florida	0
60	Texas	0	60	Texas	0
61	Arizona	0	61	Arizona	0
62	Colorado	0	62	Colorado	0
63	Georgia	0	63	Georgia	0
64	North Carolina	0	64	North Carolina	0
65	South Carolina	0	65	South Carolina	0
66	Mississippi	0	66	Mississippi	0
67	Alabama	0	67	Alabama	0
68	Arkansas	0	68	Arkansas	0
69	Louisiana	0	69	Louisiana	0
70	West Virginia	0	70	West Virginia	0
71	Oklahoma	0	71	Oklahoma	0
72	Kentucky	0	72	Kentucky	0
73	Tennessee	0	73	Tennessee	0
74	Missouri	0	74	Missouri	0
75	Nebraska	0	75	Nebraska	0
76	Kansas	0	76	Kansas	0
77	Minnesota	0	77	Minnesota	0
78	Wisconsin	0	78	Wisconsin	0
79	Illinois	0	79	Illinois	0
80	Indiana	0	80	Indiana	0
81	Ohio	0	81	Ohio	0
82	Michigan	0	82	Michigan	0
83	California	0	83	California	0
84	Washington	0	84	Washington	0
85	Florida	0	85	Florida	0
86	Texas	0	86	Texas	0
87	Arizona	0	87	Arizona	0
88	Colorado	0	88	Colorado	0
89	Georgia	0	89	Georgia	0
90	North Carolina	0	90	North Carolina	0
91	South Carolina	0	91	South Carolina	0
92	Mississippi	0	92	Mississippi	0
93	Alabama	0	93	Alabama	0
94	Arkansas	0	94	Arkansas	0
95	Louisiana	0	95	Louisiana	0
96	West Virginia	0	96	West Virginia	0
97	Oklahoma	0	97	Oklahoma	0
98	Kentucky	0	98	Kentucky	0
99	Tennessee	0	99	Tennessee	0
100	Missouri	0	100	Missouri	0

PLACEMENTS

PLACEMENTS	TEAM	SCORE	PLACEMENTS	TEAM	SCORE
1	Michigan	100	1	Michigan	100
2	Illinois	95	2	Illinois	95
3	Ohio	90	3	Ohio	90
4	Indiana	85	4	Indiana	85
5	California	80	5	California	80
6	Washington	75	6	Washington	75
7	Florida	70	7	Florida	70
8	Texas	65	8	Texas	65
9	Arizona	60	9	Arizona	60
10	Colorado	55	10	Colorado	55
11	Georgia	50	11	Georgia	50
12	North Carolina	45	12	North Carolina	45
13	South Carolina	40	13	South Carolina	40
14	Mississippi	35	14	Mississippi	35
15	Alabama	30	15	Alabama	30
16	Arkansas	25	16	Arkansas	25
17	Louisiana	20	17	Louisiana	20
18	West Virginia	15	18	West Virginia	15
19	Oklahoma	10	19	Oklahoma	10
20	Kentucky	5	20	Kentucky	5
21	Tennessee	0	21	Tennessee	0
22	Missouri	0	22	Missouri	0
23	Nebraska	0	23	Nebraska	0
24	Kansas	0	24	Kansas	0
25	Minnesota	0	25	Minnesota	0
26	Wisconsin	0	26	Wisconsin	0
27	Illinois	0	27	Illinois	0
28	Indiana	0	28	Indiana	0
29	Ohio	0	29	Ohio	0
30	Michigan	0	30	Michigan	0
31	California	0	31	California	0
32	Washington	0	32	Washington	0
33	Florida	0	33	Florida	0
34	Texas	0	34	Texas	0
35	Arizona	0	35	Arizona	0
36	Colorado	0	36	Colorado	0
37	Georgia	0	37	Georgia	0
38	North Carolina	0	38	North Carolina	0
39	South Carolina	0	39	South Carolina	0
40	Mississippi	0	40	Mississippi	0
41	Alabama	0	41	Alabama	0
42	Arkansas	0	42	Arkansas	0
43	Louisiana	0	43	Louisiana	0
44	West Virginia	0	44	West Virginia	0
45	Oklahoma	0	45	Oklahoma	0
46	Kentucky	0	46	Kentucky	0
47	Tennessee	0	47	Tennessee	0
48	Missouri	0	48	Missouri	0
49	Nebraska	0	49	Nebraska	0
50	Kansas	0	50	Kansas	0
51	Minnesota	0	51	Minnesota	0
52	Wisconsin	0	52	Wisconsin	0
53	Illinois	0	53	Illinois	0
54	Indiana	0	54	Indiana	0
55	Ohio	0	55	Ohio	0
56	Michigan	0	56	Michigan	0
57	California	0	57	California	0
58	Washington	0	58	Washington	0
59	Florida	0	59	Florida	0
60	Texas	0	60	Texas	0
61	Arizona	0	61	Arizona	0
62	Colorado	0	62	Colorado	0
63	Georgia	0	63	Georgia	0
64	North Carolina	0	64	North Carolina	0
65	South Carolina	0	65	South Carolina	0
66	Mississippi	0	66	Mississippi	0
67	Alabama	0	67	Alabama	0
68	Arkansas	0	68	Arkansas	0
69	Louisiana	0	69	Louisiana	0
70	West Virginia	0	70	West Virginia	0
71	Oklahoma	0	71	Oklahoma	0
72	Kentucky	0	72	Kentucky	0
73	Tennessee	0	73	Tennessee	0
74	Missouri	0	74	Missouri	0
75	Nebraska	0	75	Nebraska	0
76	Kansas	0	76	Kansas	0
77	Minnesota	0	77	Minnesota	0
78	Wisconsin	0	78	Wisconsin	0
79	Illinois	0	79	Illinois	0
80	Indiana	0	80	Indiana	0
81	Ohio	0	81	Ohio	0
82	Michigan	0	82	Michigan	0
83	California	0	83	California	0
84	Washington	0	84	Washington	0
85	Florida	0	85	Florida	0
86	Texas	0	86	Texas	0
87	Arizona	0	87	Arizona	0
88	Colorado	0	88	Colorado	0
89	Georgia	0	89	Georgia	0
90	North Carolina	0	90	North Carolina	0
91	South Carolina	0	91	South Carolina	0
92	Mississippi	0	92	Mississippi	0
93	Alabama	0	93	Alabama	0
94	Arkansas	0	94	Arkansas	0
95	Louisiana	0	95	Louisiana	0
96	West Virginia	0	96	West Virginia	0
97	Oklahoma	0	97	Oklahoma	0
98	Kentucky	0	98	Kentucky	0
99	Tennessee	0	99	Tennessee	0
100	Missouri	0	100	Missouri	0

PLACEMENTS

PLACEMENTS	TEAM	SCORE	PLACEMENTS	TEAM	SCORE
1	Michigan	100	1	Michigan	100
2	Illinois	95	2	Illinois	95
3	Ohio	90	3	Ohio	90
4	Indiana	85	4	Indiana	85
5	California	80	5	California	80
6	Washington	75	6	Washington	75
7	Florida	70	7	Florida	70
8	Texas	65	8	Texas	65
9	Arizona	60	9	Arizona	60
10	Colorado	55	10	Colorado	55
11	Georgia	50	11	Georgia	50
12	North Carolina	45	12	North Carolina	45
13	South Carolina	40	13	South Carolina	40
14	Mississippi	35	14	Mississippi	35
15	Alabama	30	15	Alabama	30
16	Arkansas	25	16	Arkansas	25
17	Louisiana	20	17	Louisiana	20
18	West Virginia	15	18	West Virginia	15
19	Oklahoma	10	19	Oklahoma	10
20	Kentucky	5	20	Kentucky	5
21	Tennessee	0	21	Tennessee	0
22	Missouri	0	22	Missouri	0
23	Nebraska	0	23	Nebraska	0
24	Kansas	0	24	Kansas	0
25	Minnesota	0	25	Minnesota	0
26	Wisconsin	0	26	Wisconsin	0
27	Illinois	0	27	Illinois	0
28	Indiana	0	28	Indiana	0
29	Ohio	0	29	Ohio	0
30	Michigan	0	30	Michigan	0
31	California	0	31	California	0
32	Washington	0	32	Washington	0
33	Florida	0	33	Florida	0
34	Texas	0	34	Texas	0
35	Arizona	0	35	Arizona	0
36	Colorado	0	36	Colorado	0
37	Georgia	0	37	Georgia	0
38	North Carolina	0	38	North Carolina	0
39	South Carolina	0	39	South Carolina	0
40	Mississippi	0	40	Mississippi	0
41	Alabama	0	41	Alabama	0
42	Arkansas	0	42	Arkansas	0
43	Louisiana	0	43	Louisiana	0
44	West Virginia	0	44	West Virginia	0
45	Oklahoma	0	45	Oklahoma	0
46	Kentucky	0	46	Kentucky	0
47	Tennessee	0	47	Tennessee	0
48	Missouri	0	48	Missouri	0
49	Nebraska	0	49	Nebraska	0
50	Kansas	0	50	Kansas	0
51	Minnesota	0	51	Minnesota	0
52	Wisconsin	0	52	Wisconsin	0
53	Illinois	0	53	Illinois	0
54	Indiana	0	54	Indiana	0
55	Ohio	0	55	Ohio	0
56	Michigan	0	56	Michigan	0
57	California	0	57	California	0
58	Washington	0	58	Washington	0
59	Florida	0	59	Florida	0
60	Texas	0	60	Texas	0
61	Arizona	0	61	Arizona	0
62	Colorado	0	62	Colorado	0
63	Georgia	0	63	Georgia	0
64	North Carolina	0	64	North Carolina	0
65	South Carolina	0	65	South Carolina	0
66	Mississippi	0	66	Mississippi	0
67	Alabama	0	67	Alabama	0
68	Arkansas	0	68	Arkansas	0
69	Louisiana	0	69	Louisiana	0
70	West Virginia	0	70	West Virginia	0
71	Oklahoma	0	71	Oklahoma	0
72	Kentucky	0	72	Kentucky	0
73	Tennessee	0	73	Tennessee	0
74	Missouri	0	74	Missouri	0
75	Nebraska	0	75	Nebraska	0
76	Kansas	0	76	Kansas	0
77	Minnesota	0	77	Minnesota	0
78	Wisconsin	0	78	Wisconsin	0
79	Illinois	0	79	Illinois	0
80	Indiana	0	80	Indiana	0
81	Ohio	0	81	Ohio	0
82	Michigan	0	82	Michigan	0
83	California	0	83	California	0
84	Washington	0	84	Washington	0
85	Florida	0	85	Florida	0
86	Texas	0	86	Texas	0
87	Arizona	0	87	Arizona	0
88	Colorado	0	88	Colorado	0
89	Georgia	0	89	Georgia	0
90	North Carolina	0	90	North Carolina	0
91	South Carolina	0	91	South Carolina	0
92	Mississippi	0	92	Mississippi	0
93	Alabama	0	93	Alabama	0
94	Arkansas	0	94	Arkansas	0
95	Louisiana	0	95	Louisiana	0
96	West Virginia	0	96	West Virginia	0
97	Oklahoma	0	97	Oklahoma	0
98	Kentucky	0	98	Kentucky	0
99	Tennessee	0	99	Tennessee	0
100	Missouri	0	100	Missouri	0

On interview here, Julianne McNamara, swinging as a short poetry in motion even across bars in the time of 1985, with strong and subtle work that "unparalleled" Marie Rosenthalberg displayed her subtle work in combinations and great occasion for a 1985 and second place, and Elaine Durham took led with a 1984 and a strong set. On balance here, the women showed marked strengths and low falls. These 10 women with their characteristics, suggesting their style and

PLAYERS' HOME TEAM			BALANCE TEAM FINAL		
PLAYERS	TEAM	PTS.	PLAYERS	TEAM	PTS.
1	W. Morgan	W.C.A.	1	W. Hodge	W.C.A.
2	J. Williams	W.C.A.	2	W. Hodge	W.C.A.
3	M. Gwynne	W.C.A.	3	W. Hodge	W.C.A.
4	J. Morgan	W.C.A.	4	M. Gwynne	W.C.A.
5	J. Morgan	W.C.A.	5	M. Gwynne	W.C.A.
6	J. Morgan	W.C.A.	6	J. Morgan	W.C.A.
7	J. Morgan	W.C.A.	7	J. Morgan	W.C.A.
8	J. Morgan	W.C.A.	8	J. Morgan	W.C.A.
9	J. Morgan	W.C.A.	9	J. Morgan	W.C.A.
10	J. Morgan	W.C.A.	10	J. Morgan	W.C.A.

HOME FLOR FINAL			BETTER BIRTH FINAL		
PLAYERS	TEAM	PTS.	PLAYERS	TEAM	PTS.
1	P. Wilson	W.C.A.	1	J. Morgan	W.C.A.
2	J. Williams	W.C.A.	2	J. Morgan	W.C.A.
3	P. Wilson	W.C.A.	3	J. Morgan	W.C.A.
4	M. Gwynne	W.C.A.	4	M. Gwynne	W.C.A.
5	J. Morgan	W.C.A.	5	J. Morgan	W.C.A.
6	J. Morgan	W.C.A.	6	J. Morgan	W.C.A.
7	J. Morgan	W.C.A.	7	J. Morgan	W.C.A.
8	J. Morgan	W.C.A.	8	J. Morgan	W.C.A.
9	J. Morgan	W.C.A.	9	J. Morgan	W.C.A.
10	J. Morgan	W.C.A.	10	J. Morgan	W.C.A.

BETTER BIRTH FINAL			BETTER BIRTH FINAL		
PLAYERS	TEAM	PTS.	PLAYERS	TEAM	PTS.
1	M. Gwynne	W.C.A.	1	M. Gwynne	W.C.A.
2	J. Morgan	W.C.A.	2	J. Morgan	W.C.A.
3	J. Morgan	W.C.A.	3	J. Morgan	W.C.A.
4	J. Morgan	W.C.A.	4	J. Morgan	W.C.A.
5	J. Morgan	W.C.A.	5	J. Morgan	W.C.A.
6	J. Morgan	W.C.A.	6	J. Morgan	W.C.A.
7	J. Morgan	W.C.A.	7	J. Morgan	W.C.A.
8	J. Morgan	W.C.A.	8	J. Morgan	W.C.A.
9	J. Morgan	W.C.A.	9	J. Morgan	W.C.A.
10	J. Morgan	W.C.A.	10	J. Morgan	W.C.A.

BETTER BIRTH FINAL			BETTER BIRTH FINAL		
PLAYERS	TEAM	PTS.	PLAYERS	TEAM	PTS.
1	M. Gwynne	W.C.A.	1	M. Gwynne	W.C.A.
2	J. Morgan	W.C.A.	2	J. Morgan	W.C.A.
3	J. Morgan	W.C.A.	3	J. Morgan	W.C.A.
4	J. Morgan	W.C.A.	4	J. Morgan	W.C.A.
5	J. Morgan	W.C.A.	5	J. Morgan	W.C.A.
6	J. Morgan	W.C.A.	6	J. Morgan	W.C.A.
7	J. Morgan	W.C.A.	7	J. Morgan	W.C.A.
8	J. Morgan	W.C.A.	8	J. Morgan	W.C.A.
9	J. Morgan	W.C.A.	9	J. Morgan	W.C.A.
10	J. Morgan	W.C.A.	10	J. Morgan	W.C.A.

Left: Three (right) of NCAA's come away from the Championships with a fourth place all around tie with Michelle Dusserre. Winner placed fifth in the women's individual competition. (Top) photo © 1984 Dave Stock

her round off onto the board back handspring mount was a solid combination and helped her tie Pam Block for 1st with a 9.6. Kathy Johnson, Mary Lou Retton, and Johanne McManus tied for 3rd. And in the final event, Mary Lou Retton exploded onto the floor and danced into the hands and hearts of everyone to the tune of 10.0. Undoubtedly a goose bumps routine, Michelle Dusserre and Johanne McManus played to the enthusiastic audience and tied for second with a 9.85.

Men's Finals

On floor exercise Peter Vidmar's experience shined through and he took the event with a 9.7. Jim Mills and Billy Paul added to these already great meet and tied for second with a 9.6. Tim Daggett took command of the pommel horse event with the "Daggett" style and won with a near perfect 9.95 routine.

On vaulting, the men performed two different vaults and averaged the scores. Chris Kargel from the University of Nebraska, with a front handspring from pike with 1/2 twist, and a full twisting Tuckahoe, set back possession hit for an average of 9.7. On the final event, high bar, Peter Vidmar swung clean and smooth through 3 releases, two of which were back to back, to finish Tim Daggett's aggressive and daring set to tie with a 9.95 for the win. Jim Mills turned in a great finishing set with a full twisting pommel on one arm and smooth reverse hook, scoring a 9.8 for 3rd place.

The 1984 McDonald's Championships of the USA was a pressure-packed intense 4 days of competition with alot at stake for all the competitors. One thing was certain, the athletes were prepared and the enthusiasm of hitting routines was contagious from the athletes to coaches and into the crowd. Hand clapping, hugging, and clapping—there was a plenty, and all well deserved.



Johanne McManus (left) shows the ultimate swing for a winning score drop. The head-and-neckset around was just in both hand scores from Pam Block's victory. Both a floor show (right) by Mary Lou Retton (left) was in her individual balance beam competition to tie at 9.85. (Top) photo © 1984 Dave Stock

'84 USA Title Zimring's Property

By Mike Rodden
USA Gymnastics Editor

Everything came up roses the weekend of May 4-6 and the city of Orangeburg, SC, turned green with envy as the 1984 USAG/Vital Sources Rhythmic Gymnastics Championships of the USA were held on the campus of South Carolina State University.

The highest laurels of the competition were handed to the vibrant Valerie Zimring, just one of the many fine gymnasts representing the Los Angeles School of Gymnastics. Zimring clinched the 1984 National Champion Michelle Berube to take the 1984 title during the two-day all-around contest. Zimring concluded with an all-around score of 47.45 to that of 47.45 for the Detroit Metros' Berube.

"Said Berube: 'I had a very exciting year to National Championships. I don't feel bad about losing the title to Valerie. We are so close, as friends and competitors, that the competition could have gone either way. I think it is very good for the sport of rhythmic gymnastics that the competitors are so closely matched.'"

As happy as Berube was to share the glory, Zimring was equally content to receive it. "I am really proud of myself. This Championship really boosts my confidence a great deal. I'm not getting any younger and I don't know how many more years I'll be in the sport, so it is nice to win this championship," said Zimring.

There wasn't just one big story to come from that party-hot gym in South Carolina. The crowning of a National Champion is initial, but a new National Team was also selected. The top ten rhythmic gymnasts in the standings after the all-around competition were tabbed as the 1984 National Team. Besides the previously

mentioned Zimring and Berube, the others that affectuate the National Team are Stacy Greenstein, Lisa Antonson, Lydia Beez, all of the L.A. School of Gymnastics, Wendy Hilliard, Detroit Metros; Elizabeth Cull, L.A. School of Gymnastics; and Teresa Bruce, Pacific Northwest Olympic Rhythmic Academy. Karen Lyon, a civil engineering student participating out of Princeton University and Kara Walker from the L.A. School of Gymnastics.

Consider the story of Marina Karynsky. This talented rhythmic gymnast came to the Championships not yet an American citizen but, with special permission, was allowed to compete for score only. Karynsky, also of the L.A. School of Gymnastics, didn't let the fact that she would be no match for her performance. She took to the floor with budding determination and finished with an all-around score of 46.75. Would she be an American citizen this time would have placed her in third. Now her chances of competing at the Olympic Trials become a cut and mouse game with the State Department, which, the USAG, Karynsky and her coach Alla Sereby all await official notice.

For the sake of the gymnasts, there were two battles simultaneously taking place during each routine. The first, which was evident to all at an audience, was the battle with the apparatus and the second, the battle internally with the nerves. Karen Greenstein of the L.A. School of Gymnastics admitted during the all-around competition, she was having constant clamorings with stage fright. Once the burden of the all-around competition was lifted, Karen among others, was relieved of the pressure and competed with the ease that is usually exhibited during practice. Said Karen: "We all get nervous for a big competition like the Championships." She finished 12th in the all-around with a total of 45.45.

Highlights Friday, May 4

In a competition of any kind, there are some performances that stand above the rest. During the opening day of the 1984 Championships the ball and hoop routines were performed. The clubs and ribbon competition followed on Saturday, the final day of all-around action. Hilliard set the early pace during her hoop routine, listing on all her tosses which garnered her a score of 9.4 from the judges.

There was an air of self-assurance about Berube when she took her place on the blue mat for her hoop routine. Her smile for the sport shone through her use of facial expressions and eye contact with the crowd. Her international experience has given her a confidence that none of the previous competitors had. Her hoop routine looked almost too routine as she completed it without a hitch and received a 9.55 score to take early command and set herself up as the one to beat.

"I have a good time when I'm performing and I like to show that to the audience. When I am performing well, I like to have direct eye contact with the audience and use my



Valerie Zimring (right) of the Los Angeles School of Gymnastics is the 1984 Rhythmic Champion of the USA. She finished the all-around portion of the meet with a 47.45 points. (USAG photo © 1984 Kara Mundy)

linal expressions to accompany my routine," said the 1995 Rhythmic gymnast of the year.

During the second round on Friday, the competitors watched appenans. Zieming, who trailed Berube by .05 after the first round came on with a good strong hoop routine to complement her ball routine. She too had an air of confidence about her and with her 9.40 mark, add it to her 9.90 ball routine score (19.10 total) allowed her to eclipse the lead from Berube by the 4th and Berube finished with a 18.85 total.

Bree recovered from a shaky start, a 9.00 for her ball routine, with a hoop routine that netted her an average score from the judges of 9.25. This total of 18.25 crafted her to edge her way into third place going into the final day of all-around competition.

Berube's ball routine had an early wobble, but she recovered well to turn in an energetic performance and receive a 9.40 score. Her ball total turned in a good hoop routine

receiving a 9.00 for her efforts placing her in a three way tie for seventh with teammate Walker and Detroit's Hilliard.

After the first day of competition the standings looked like this: 1 Zieming (19.10), 2 Berube (18.85), 4 Bree (18.25), 4 Ovesen (18.10), 5 Komposhi (score only) (17.90), 5 Aaronson (17.85), 6 Beru (17.75), 7 Joe Hilliard, Cull and Walker (17.65), 10 Lynn (17.55).

Saturday, May 6

Zieming took a couple of steps backwards after her ribbon routine. She just couldn't get herself going and muddled the ribbon and finished her floor score with a competition 9.95 giving Berube, Bree and Ovesen a chance at the top spot.

But as the day turned out all competitors seemed to have their problems with the ribbon. "It was very humid in the gym and the ribbon felt almost wet," said Zieming. "I tried to keep it away from my body because if it touched, it would stick."

Hilliard made her presence known with her club routine. She moved well with her arms, and all her tricks seemed to work, but her efforts she garnered a score of 9.05.

Berube took the opportunity offered by Zieming and stepped right into the 4th or's slot with a club routine that brought down the house. To watch it was simply poetry in motion. No mistakes and every detail, right down to a pained expression to match the music was perfectly in place. After the completion of her routine, the judges complimented her by giving a score of 9.60 placing her in the lead and designating her clutch the perfect top choice.

So for the second round, the stage was set. Zieming's work was out over for her and she knew it. She knew Berube would have the

Girls on top in a last round to give Michelle Berube a chance at the crown with her standing ball routine in the individual competition. She received a 9.75. (Tina J. Miller/© 1995 Dave Clark)



chance to watch her perform her club routine and see, for some, so when she stepped on the floor, it was for all the watches.

Zieming responded with a routine of high difficulty and score of 9.90 which put the pressure back onto Berube. For the Detroit Metro star she finished up with her ribbon routine. Berube turned in a beautiful performance but muddled one of her tosses. The judges awarded her a 9.00 for her efforts which left her just .10 shy of Zieming's total, thus ending her reign as National Champion.

Ovesen dazzled the spectators with a beautiful and elegant ribbon routine and scored a 9.15. Aaronson impressed her standing skills a most club routine. She had no drops and her tosses were nice and high which garnered her a 9.40 score.

So with a new, national champion and a fresh national team, the players shed the pressures of the all-around competition and went on to the business of the individual titles, which along with the group routine, would mark an end to this weekend of gala festivities.

Individual Competition Sunday, May 6, 1994

On this bright, sunny day Berube proved to her teammates and more importantly to herself that she was still a champion by grabbing three of the possible four individual titles on the day. She won the ball, clubs and ribbon events allowing only the hoop title to slip to Zieming. "I wanted to cruise in today (Sunday) and be very confident and I was. I feel very good about my performance here and I feel I have proved to everyone that I am still a champion," said Berube at the day's end.

First up on the competition day was the hoop routine. Zieming took this event with scores of 9.40 and 9.60 (19.10) while Berube placed second 9.55 and 9.45 (19.00) and Bree placed third 9.25 and 9.30 (18.55).

Berube stole the show during her ball routine as the win





Leleia does a high kick during her vibrant routine. Just a few feet from the competition floor, she managed to flip a piece of ribbon off around, Jennifer Moore caught it and he a piece he caught it on the floor. Moore is an event producer and a hula dancer who will perform at the event. The Los Angeles Angels group will be known as the Angels for the event. A little partying was the occasion for the National Group Hula Dance. (1984 photo by 1984) Dave Smith)



recorded the highest score of the entire competition, a 9.75 for her tumbling routine. Her execution was right on the mark and she had the most moves of anyone. She won this individual title hands down with 19.05 total points. Zimring placed second 9.45 and 18.95 total and Brier third 9.25 and 18.20 total.

It was again Brier who took the top spot on the podium after the clubs competition. With a combined score of 18.20 (9.60, 9.60), she narrowly edged Zimring (19.10) who earned in an excellent 9.60 routine. Placing third was Brier with a 17.80 total.

For the third consecutive event, Brier took a walk away from Zimring, Brier who followed Zimring throughout the competition, recorded a 9.55 final score and 18.15 total in the ribbon which was just good enough to beat Zimring's 9.90 tally and total of 18.25 to take top honors. Greenlee, who is by far the most flexible rhythmic gymnast in the United States, tied Zimring with a 9.10 score and 18.25 total.

Junior Competition

Jennifer Mann and her teammates from the L.A. School of Gymnastics walked away with every medal that wasn't nailed down in Orangeburg. Mann swept the medals by grabbing the gold in the all around, plus all four individual apparatus events. Teammates Anna Rubenstien and Verna Solovay, his finished second and third respectively in the all around.

Rubenstien placed second to Mann in the clubs ball and ribbon competitions and third in the hoop while Solovay his placed second in the hoop and third in the clubs ball and ribbon.

Junior Individual Event Finals

HOOP		TOTAL		CLUBS				
RANK	NAME	PRELIM	FINAL	RANK	NAME	PRELIM	FINAL	
1	MANNA	9.60	9.60	19.20	MANNA	9.55	9.55	19.10
2	COLCROFTON	9.15	9.15	18.30	RUBENSTIEN	9.50	9.50	19.10
3	RUBENSTIEN	7.75	8.10	15.85	COLCROFTON	7.50	8.10	15.60
4	DEWAPRO	7.50	7.50	15.00	JORDON	7.50	7.50	15.00
5	TAMM	7.50	7.50	15.00	LITVIN	6.50	7.50	14.00
6	JACKSON	7.25	7.50	14.75	GREENLEE	7.50	7.50	15.00

BALL		TOTAL		RIBBON				
RANK	NAME	PRELIM	FINAL	RANK	NAME	PRELIM	FINAL	
1	MANNA	9.60	9.60	19.20	MANNA	9.75	9.75	19.70
2	RUBENSTIEN	9.75	9.75	19.50	RUBENSTIEN	9.50	9.50	19.00
3	COLCROFTON	9.50	9.50	19.00	COLCROFTON	9.50	9.50	19.00
4	LITVIN	9.50	9.50	19.00	LITVIN	9.50	9.50	19.00
5	JACKSON	9.50	9.50	19.00	COLCROFTON	9.50	9.50	19.00
6	TAMM	9.50	9.50	19.00	TAMM	9.50	9.50	19.00

Group Routine

There were three groups and two categories that made up the group competition in this championships. In category A, the L.A. Lights group routine was over the Dorian Marco Gymnastics/Rhythmic Blues 14.25 to 14.60.

Category A is the division from which the National Group team was selected. The L.A. Lights was and will represent the USA and USAF in international competitions and other selected events. Making up the Los Angeles group routine were Aaronson, Gali, Karch, Greenblatt, Melissa Greenblatt, Johanne Horenman, Catherine Legend, Kim Sikes, Cara Walker and they are coached by Allen Brierly.

Those who competed for the Dorian Marco Gymnastics/Rhythmic Blues (BB) were: Mary Arles, Inna Campbell, Charlene Edwards, Melissa Haynes (BB), Kelly Rudenberg, Cheryl Roberts Ursula Watkins and they are coached by Ross Litvinson.

Competition in category B, a developmental category, consisted of a team from George Williams College in Boreman Grove, Ill. Members of that team were Cindy Crocco, Ann Kladinski, Gail Jackson, John Shepherd, Johanne Behnisch, Verna Brown and Melissa Orth. This group is coached by Nora Hilde. Their joint total was 35.50.

Group Routine Category B

Category B

Team	Score
1 L.A. Lights	35.25
2 Dorian Marco Gymnastics/Rhythmic Blues	35.50

CHAMPIONS

1984 USAF/Jrnl. Nations Programs Gymnastics CHAMPIONSHIPS OF THE U.S.A. Grouping (B)

PLACE	NAME	TEAM	SCORE
1	SALZBERG (SHIRING)	L.A. School of Gym	27.50
2	MICHAEL BURBULE	Dorian Marco Gym	27.45
3	MARINA KALOSHOV	L.A. School of Gym	26.45
4	STACY GREENBERG	L.A. School of Gym	26.40
5	LENA ANDERSON	L.A. School of Gym	26.30
6	LYDIA BREE	L.A. School of Gym	26.10
7	WENDY HOLLAND	Dorian Marco Gym	26.05
8	ELIZABETH GALL	L.A. School of Gym	26.05
9	TERESA BUCKLE	Princeton Academy	26.00
10	KARIN LYON	L.A. School of Gym	25.95
11	CAROLINE LA PAUL	L.A. School of Gym	25.85
12	ANNE GREENBLATT	L.A. School of Gym	25.80
13	MARIE RILEY	Dorian Marco Gym	25.80
14	JENNIFER BEHNSCH	L.A. School of Gym	25.80
15	CHERYL STEVENS	Dorian Marco Gym	25.80
16	DEBORAH HARRISON	National Academy	25.65
17	WENDY P. HARRIS	L.A. School of Gym	25.60
18	MELISSA GREENBLATT	L.A. School of Gym	25.50
19	EMILIA WATKINS	Dorian Marco Gym	25.45
20	NICHOLAS GARDINIST	Symphony	25.40
21	DAVID BIERSON	Dorian Brierly	25.35
22	JOHN BOBBS	Dorian Marco Gym	25.30
23	JULIE BUSHMAN	Symphony	25.30
24	MELISSA WATKINS	Rhythmic Blues	25.30
25	MARIA GALL	Dorian Williams Col.	25.25
26	TERESA BUCKLE	Princeton Academy	25.15
27	JULIE HARRIS	Symphony	25.10
28	SARAH HARRISON	United Gym Academy	25.05
29	LEAH COLE	Gump Gymnastics	25.05
30	BARBARA JORDAN	United Gym Academy	25.00
31	SANDY PRINCE	Princeton Academy	25.00

Grouping B score only national team membership pending

Senior

Individual Event Finals

RANK	HOOP			NAME	CLUBS			
	PRELIM	FINAL	TOTAL		PRELIM	FINAL	TOTAL	
1	EMPHRO	9.50	9.50	19.00	EMPHRO	9.50	9.50	19.00
2	BURBULE	9.45	9.45	18.90	ZIMRING	9.50	9.40	18.90
3	EMPHRO	9.35	9.35	18.70	EMPHRO	9.50	9.20	18.70
4	EMPHRO	9.30	9.30	18.60	EMPHRO	9.50	9.10	18.60
5	EMPHRO	9.25	9.25	18.50	EMPHRO	9.50	9.00	18.50
6	EMPHRO	9.20	9.20	18.40	EMPHRO	9.50	8.90	18.40
7	EMPHRO	9.15	9.15	18.30	EMPHRO	9.50	8.80	18.30
8	EMPHRO	9.10	9.10	18.20	EMPHRO	9.50	8.70	18.20
9	EMPHRO	9.05	9.05	18.10	EMPHRO	9.50	8.60	18.10
10	EMPHRO	9.00	9.00	18.00	EMPHRO	9.50	8.50	18.00
11	EMPHRO	8.95	8.95	17.90	EMPHRO	9.50	8.40	17.90
12	EMPHRO	8.90	8.90	17.80	EMPHRO	9.50	8.30	17.80
13	EMPHRO	8.85	8.85	17.70	EMPHRO	9.50	8.20	17.70
14	EMPHRO	8.80	8.80	17.60	EMPHRO	9.50	8.10	17.60
15	EMPHRO	8.75	8.75	17.50	EMPHRO	9.50	8.00	17.50
16	EMPHRO	8.70	8.70	17.40	EMPHRO	9.50	7.90	17.40
17	EMPHRO	8.65	8.65	17.30	EMPHRO	9.50	7.80	17.30
18	EMPHRO	8.60	8.60	17.20	EMPHRO	9.50	7.70	17.20
19	EMPHRO	8.55	8.55	17.10	EMPHRO	9.50	7.60	17.10
20	EMPHRO	8.50	8.50	17.00	EMPHRO	9.50	7.50	17.00

Junior

All-around by Division

PLACE	NAME	TEAM	SCORE	1ST	2ND	3RD
1	JENNIFER MANNA	L.A. School of Gym	34.45	9.50	9.50	9.50
2	ANNE RUBENSTIEN	L.A. School of Gym	33.45	9.50	9.50	9.50
3	TERESA BUCKLE	L.A. School of Gym	32.45	9.50	9.50	9.50
4	DAVIDA COLE	Dorian Williams Col.	31.45	9.50	9.50	9.50
5	MELISSA WATKINS	Dorian Williams Col.	30.45	9.50	9.50	9.50
6	LEAH COLE	Dorian Williams Col.	29.45	9.50	9.50	9.50
7	LEAH COLE	Dorian Williams Col.	28.45	9.50	9.50	9.50
8	LEAH COLE	Dorian Williams Col.	27.45	9.50	9.50	9.50
9	LEAH COLE	Dorian Williams Col.	26.45	9.50	9.50	9.50
10	LEAH COLE	Dorian Williams Col.	25.45	9.50	9.50	9.50
11	LEAH COLE	Dorian Williams Col.	24.45	9.50	9.50	9.50
12	LEAH COLE	Dorian Williams Col.	23.45	9.50	9.50	9.50
13	LEAH COLE	Dorian Williams Col.	22.45	9.50	9.50	9.50
14	LEAH COLE	Dorian Williams Col.	21.45	9.50	9.50	9.50
15	LEAH COLE	Dorian Williams Col.	20.45	9.50	9.50	9.50
16	LEAH COLE	Dorian Williams Col.	19.45	9.50	9.50	9.50
17	LEAH COLE	Dorian Williams Col.	18.45	9.50	9.50	9.50
18	LEAH COLE	Dorian Williams Col.	17.45	9.50	9.50	9.50
19	LEAH COLE	Dorian Williams Col.	16.45	9.50	9.50	9.50
20	LEAH COLE	Dorian Williams Col.	15.45	9.50	9.50	9.50
21	LEAH COLE	Dorian Williams Col.	14.45	9.50	9.50	9.50
22	LEAH COLE	Dorian Williams Col.	13.45	9.50	9.50	9.50
23	LEAH COLE	Dorian Williams Col.	12.45	9.50	9.50	9.50
24	LEAH COLE	Dorian Williams Col.	11.45	9.50	9.50	9.50
25	LEAH COLE	Dorian Williams Col.	10.45	9.50	9.50	9.50
26	LEAH COLE	Dorian Williams Col.	9.45	9.50	9.50	9.50
27	LEAH COLE	Dorian Williams Col.	8.45	9.50	9.50	9.50
28	LEAH COLE	Dorian Williams Col.	7.45	9.50	9.50	9.50
29	LEAH COLE	Dorian Williams Col.	6.45	9.50	9.50	9.50
30	LEAH COLE	Dorian Williams Col.	5.45	9.50	9.50	9.50
31	LEAH COLE	Dorian Williams Col.	4.45	9.50	9.50	9.50
32	LEAH COLE	Dorian Williams Col.	3.45	9.50	9.50	9.50
33	LEAH COLE	Dorian Williams Col.	2.45	9.50	9.50	9.50
34	LEAH COLE	Dorian Williams Col.	1.45	9.50	9.50	9.50
35	LEAH COLE	Dorian Williams Col.	0.45	9.50	9.50	9.50



Lisa Anderson was a steady performer during the 1974 USAF/Victor American Rhythmic Championships of the USA held in Oceanside, NC. Anderson finished in fourth place in the all around competition. The meet was hosted by Lynn Pfeiffer of the Pfeiffer School of Gymnastics. (USAF photo © 1984 Dave Black).

Durham

A Team Player All The Way

By Lois Gowers
USA Gymnastics Staff Writer

Editor's Note: Since this interview, Dianne has returned to Houston to once again train at Karolyi's Gymnastics Center.

Dianne Durham is a tremendously motivated and self-directed athlete. She has progressed eight years from the paddy patch to 1982 Junior National Champion. The "highs" and "lows" of experience have added a new dimension of her performance in Houston during the 1984 McDonald's International Classic, a team competition between China and the U.S. I had the opportunity to discuss some of the changes and her feelings about them. The twinkle in her eyes and giggle in her voice was back and the enthusiasm was contagious.

Dianne started her gymnastics at Muncie, Indiana with Wendie Bishop. She spent much of this time (seeming like an eternity for a young athlete with the Olympic Circle in her eyes) as a Class III on the USOG Age Group Program working on basics. From there she worked with Bill Smith for a year and a half. Tony Lachar for a year and a half before moving to Houston, Texas to train with Bela Karolyi for two years. Earlier this year she moved to Fort Worth, Texas to work under the guidance of Scott Crossen.

LG: You've had an opportunity to work with a lot of talented people. Sometimes making so many changes is viewed as somewhat controversial. How do you feel about the strengths you have drawn from these people and so many moves? I have learned a lot from every coach I have been with. Each coach was different and helped strengthen different parts of my gymnastics personality. They have all contributed to my success in gymnastics. I think the changes were part of maturity. The last change from Houston to Fort Worth was nothing personal with the coaches or the gymnasts; it was just time for me to move on. I wasn't enjoying the sport anymore. I knew if I was going to make it, I had to enjoy it. That is the way I have felt from the beginning. You have to enjoy it if you want to keep improving.

LG: Is there a lot of pressure?

DD: Sometimes when I don't do as well as other people think I should, it worries me that they are thinking she is losing ground. When I know I am not doing well, that is enough pressure on me. That is what happened at the American Cup. I think the experience was good for me. I went home and told Scott that I never wanted to have that happen again (not making finals) and we went to work. This time went much better.

LG: Is there any extra pressure on you because you are the first black Women's National Champion?

DD: I don't think so. I try not to put any extra pressure on myself. I just try to take it as simple. Everyone here treats me the same as anyone else. I think if they didn't I would probably think about it, but they don't, so I don't even think about it.

LG: An obvious goal for you in the near future is the 1984 Olympic Team. How do you feel about our chances?

DD: I think it will depend on who hits and who misses. We can take the Russians, Romanians, East Germans and the Chinese on if we set it up with strong compulsory sets and hit our optionals. We will have the strongest team we have ever had and in this age of gymnasts with the difficulty level so high, we can be right up there with the rest of the world.

LG: When all is said and done and Dianne Durham is in the history books, what do you want people to remember most about your gymnastics?

DD: Probably that I have a great time doing gymnastics and that I am a team player. No matter how good or bad I do, I want to keep supporting our team.

And support the team she did as she led them to a victory over a strong Chinese Women's Team, not to mention adding another All Around title to her laurels.



When all is said and done about Olympic Dianne, she wants to be remembered as a team player all the way. (1982 photo by 1981 Dave Black)

UCLA Severs Nebraska's Title String

Gaylord, Daggett, Caso Sweep Top 3 Spots

The 1984 Men's NCAA National Gymnastics Championships brought the top 10 gymnastics teams to Pauley Pavilion, in Los Angeles, April 12-14, and a not so surprising landslide victory for the Bruins. You could say, "The teams have changed, but the result was the same." UCLA came within .5 (scoring 287.5) of matching the all-time high NCAA team scoring record, 287.5 set by the Nebraska Cornhuskers at the 1983 NCAA National Championships, at Penn State. Not to be mistaken the UCLA Bruins overtook their challenging opponents, Penn State and Ohio State by over six points.

TEAM COMPETITION

UCLA, led by seniors Mitch Gaylord, Tim Daggett, and Mark Caso, performed with awesome strength. For example, on floor exercise, if your fifth man mounts with a round-off flip-flop double layout (and this (Tim Daggett), and your next four men follow suit and hit (Chris Caso), hit (Mark Caso), hit (Tim

Daggett) and hit (Mitch Gaylord), there won't be many folks who will argue the outcome. This was the situation with UCLA in the final team competition. The Bruins took the top three spots, on floor exercises—Gaylord, Daggett, M. Caso, pommel horse—Daggett, Gaylord, Pineda, vaulting—M. Caso, R. Campbell, Gaylord, the top two spots in rings—Daggett, Gaylord and parallel bars—Daggett, Gaylord, and the top spot in high bar—Daggett.

The hurdle for the 2nd and 3rd team place finish was a hard fought dual to the end with Penn State topping Ohio State by 15. Terry Bartlett of Penn State was a main stay in the Mitten Line's attack, while Jay Foster, the Bruins and their Buckeye team couldn't put together consistent offense to make up the 15.

ALL AROUND

The individual all-around was another clean sweep for the Bruins Gaylord, Daggett, and Mark Caso. Chris Bagel had some trouble with rings in the compulsory round but came back in



Mitch Gaylord (left) won the NCAA all-around title. The senior from UCLA accumulated 116.94 points during the all-around competition. Teammate Tim Daggett (above) placed second, finishing seventh in the all-around. He added three individual titles in his event (pommel, rings and parallel bars). (UCLA pictures © 1984 Steve Hasty.)

Mark Goss (right) congratulates his team after winning the UCLA triple jump event in the all-around finals, dominating the field that they UCLA captured the 1984 NCAA title heading in five-year coach Nebraska head (1982) John W. Smith (above right).



optional option to take fourth in the all-around. Roy Palmason had a strong, compulsory round and conservative optional round to take the fifth spot. Establishing a comeback from a serious new injury, Palmason was voted the 1984 Nelson Award winner Charles Lakes from the University of Illinois bettered his 1983 11th finish to take sixth place with 112.4.

EVENT FINAL HIGHLIGHTS

Kerry Hilburg of Northern Illinois won the floor final with 9.85 and sparked the crowd with a routine that demonstrated both round off whip back, full twisting whip back, flip flop, flip flop, double full, punch front! Terry Bartlett of Penn State who showed style and good form, had a break of the landing of his first pass (double layout) in final and scored a 9.6.

On pommel horse, Duggan scored a 9.9 to clinch the title. His aggressive attack on the pommel has turned pommel horse into an exciting and crowd pleasing event. Duggan went on to win rings and parallel bars. In the final team competition the previous night, he scored a 10.00 on a superbly executed Pitar routine. Chris Siegel won vaulting with a 10.00 handspring front with a 1/2 in piked position. And Charles Lakes ended an unbeaten streak of finals finishes to win the high bar event.

When Art Shurlock, head gymnastics coach of the UCLA Bruins and Division I 1984 Coach of the Year, was asked how does it feel to be the coach of the team that broke the Nebraska stronghold, he grinned and said "great. The guys worked awfully hard to get there." When further asked, with the broader depth of talent coming into the NCAA ranks, do you think there will ever be another five year streak. He grinned again, and without hesitation, said "I'd like to think we've just started one." Congratulations to all UCLA Team members, coaching staff and all 94 NCAA National Championship Participants.

Shurlock, A Quiet Force Behind UCLA

The UCLA men's gymnastics team have worked hard and looked forward to the opportunity to take the NCAA championship out to the West Coast, and they were not disappointed. I got a chance to talk with Coach Shurlock at the Championships of the USA in Chicago and ask a little about their program.

L.G.: As a general overview, what did you think about the NCAA competition and a lot of new faces entering the collegiate arena?

A.S.: Naturally I'm pleased with the outcome. We set out as our goal to beat Nebraska, as defending champions and as it turned out Penn State and Ohio State were our strongest competitors. There are a lot of new athletes coming into the collegiate ranks as a direct result of the Boys Jr. Program, that are so talented when they get to college that it has built up many of the men's programs and added to the overall depth of our sport. The Jr. Program is very important to the development and possibly the survival of men's NCAA programs.

L.G.: What are some of the things that have made the UCLA Program successful?

A.S.: I think one of the main things is that we have recruited a group of highly motivated athletes who are not only

very talented but are good people, work well together and help each other. Each athlete, even though he works well with one another, is distinctly different. Their training programs are individualized to meet their needs and encourage their individual progress and success.

L.G.: In your program, do you encourage originality?

A.S.: When I was a competitor, originality was not stressed as much as it is now, but I feel that it helps make the sport more enjoyable, plus it's almost essential for success on an international level. We encourage new ideas and its always a thrill when a new skill or idea works out. We are fortunate to have a facility that lends itself to learning new skills safely.

L.G.: How important is your assistants to the program's success?

A.S.: My assistant coach, Makoto Sakamoto has done a tremendous job, he has set up good programs for the athletes, and has pretty much free hand. I've become a better coach since Makoto came in and I think a little of my has rubbed off on him. It's a good working relationship. Chuck Gaylord comes in and works with Mitch and spots some of



Art Shurlock, 1984 NCAA Coach of the Year, is a quiet, intense force behind the UCLA men's gymnastics program. (1984 photo by 1984 Dave Black)

See Shurlock, page 36

Shurlock, from page 35

our other coaches. Plus our guys help each other. Mitch, Peter, Tim, Matt, they all help the younger guys, and one another. It's a positive atmosphere, and I think that's a key to its success.

L.G. One final question, does having an international program and collegiate program in your gym, warrant special planning? Where are the priorities?

A.S. Actually, in many ways they complement each other. Obviously, promoting and developing our UCLA collegiate team and making it successful is a very important goal to all of us athletes, but beyond that we (coaching staff) all feel strongly that in addition to the team goal we want to actively pursue a much bigger goal of making USA gymnastics one of the strongest powers in the world. That's a unique thing how our athletes also feel as strongly as we do about promoting gymnastics and developing our national strength.



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Men's NCAA National Championships

April 10-14, 1984

Friday Practice

All Around Results

Rank	Name	Total	FX	PH	SV	VB	HB	Final Team
1	Mark Daymond	113.00	6.00	6.00	6.00	6.00	6.00	6.00 UCLA
2	Tim Daggett	112.00	5.75	5.75	5.75	5.75	5.75	5.75 UCLA
3	Mark Gato	111.00	5.50	5.50	5.50	5.50	5.50	5.50 UCLA
4	Chris Hedges	110.00	5.25	5.25	5.25	5.25	5.25	5.25 UCLA
5	Roy Peterson	109.00	5.00	5.00	5.00	5.00	5.00	5.00 UCLA
6	Charles Leake	108.00	4.75	4.75	4.75	4.75	4.75	4.75 Illinois
7	Jon Ritz	107.00	4.50	4.50	4.50	4.50	4.50	4.50 Illinois
8	Tony Pineda	106.00	4.25	4.25	4.25	4.25	4.25	4.25 UCLA
9	Mark Gato	105.00	4.00	4.00	4.00	4.00	4.00	4.00 UCLA
10	Mark Gato	104.00	3.75	3.75	3.75	3.75	3.75	3.75 Illinois
11	Mark Gato	103.00	3.50	3.50	3.50	3.50	3.50	3.50 Illinois
12	Mark Gato	102.00	3.25	3.25	3.25	3.25	3.25	3.25 Illinois
13	Mark Gato	101.00	3.00	3.00	3.00	3.00	3.00	3.00 Illinois
14	Mark Gato	100.00	2.75	2.75	2.75	2.75	2.75	2.75 Illinois
15	Mark Gato	99.00	2.50	2.50	2.50	2.50	2.50	2.50 Illinois
16	Mark Gato	98.00	2.25	2.25	2.25	2.25	2.25	2.25 Illinois
17	Mark Gato	97.00	2.00	2.00	2.00	2.00	2.00	2.00 Illinois
18	Mark Gato	96.00	1.75	1.75	1.75	1.75	1.75	1.75 Illinois
19	Mark Gato	95.00	1.50	1.50	1.50	1.50	1.50	1.50 Illinois
20	Mark Gato	94.00	1.25	1.25	1.25	1.25	1.25	1.25 Illinois
21	Mark Gato	93.00	1.00	1.00	1.00	1.00	1.00	1.00 Illinois
22	Mark Gato	92.00	0.75	0.75	0.75	0.75	0.75	0.75 Illinois
23	Mark Gato	91.00	0.50	0.50	0.50	0.50	0.50	0.50 Illinois
24	Mark Gato	90.00	0.25	0.25	0.25	0.25	0.25	0.25 Illinois
25	Mark Gato	89.00	0.00	0.00	0.00	0.00	0.00	0.00 Illinois

Final Team Competition Results

Rank	Team	Total	FX	PH	SV	VB	HB
1	UCLA	580.00	58.00	58.00	58.00	58.00	58.00
2	Penn State	570.00	57.00	57.00	57.00	57.00	57.00
3	Ohio State	560.00	56.00	56.00	56.00	56.00	56.00

Team Competition

Rank	Team	Total	FX	PH	SV	VB	HB
1	UCLA	285.00	28.50	28.50	28.50	28.50	28.50
2	Penn State	275.00	27.50	27.50	27.50	27.50	27.50
3	Ohio State	265.00	26.50	26.50	26.50	26.50	26.50
4	Illinois	255.00	25.50	25.50	25.50	25.50	25.50
5	UCLA	245.00	24.50	24.50	24.50	24.50	24.50
6	UCLA	235.00	23.50	23.50	23.50	23.50	23.50
7	UCLA	225.00	22.50	22.50	22.50	22.50	22.50
8	UCLA	215.00	21.50	21.50	21.50	21.50	21.50
9	UCLA	205.00	20.50	20.50	20.50	20.50	20.50
10	UCLA	195.00	19.50	19.50	19.50	19.50	19.50

Individual Event Finals

Rank	Name	Score	Team
1	Kevin Eubank	9.80	Northern Illinois
2	David Thomas	9.70	Northern Illinois
3	Chris Hedges	9.60	Northern Illinois
4	Mark Gato	9.50	Northern Illinois
5	Mark Gato	9.40	Northern Illinois
6	Mark Gato	9.30	Northern Illinois
7	Mark Gato	9.20	Northern Illinois
8	Mark Gato	9.10	Northern Illinois
9	Mark Gato	9.00	Northern Illinois
10	Mark Gato	8.90	Northern Illinois
11	Mark Gato	8.80	Northern Illinois
12	Mark Gato	8.70	Northern Illinois
13	Mark Gato	8.60	Northern Illinois
14	Mark Gato	8.50	Northern Illinois
15	Mark Gato	8.40	Northern Illinois
16	Mark Gato	8.30	Northern Illinois
17	Mark Gato	8.20	Northern Illinois
18	Mark Gato	8.10	Northern Illinois
19	Mark Gato	8.00	Northern Illinois
20	Mark Gato	7.90	Northern Illinois
21	Mark Gato	7.80	Northern Illinois
22	Mark Gato	7.70	Northern Illinois
23	Mark Gato	7.60	Northern Illinois
24	Mark Gato	7.50	Northern Illinois
25	Mark Gato	7.40	Northern Illinois
26	Mark Gato	7.30	Northern Illinois
27	Mark Gato	7.20	Northern Illinois
28	Mark Gato	7.10	Northern Illinois
29	Mark Gato	7.00	Northern Illinois
30	Mark Gato	6.90	Northern Illinois
31	Mark Gato	6.80	Northern Illinois
32	Mark Gato	6.70	Northern Illinois
33	Mark Gato	6.60	Northern Illinois
34	Mark Gato	6.50	Northern Illinois
35	Mark Gato	6.40	Northern Illinois
36	Mark Gato	6.30	Northern Illinois
37	Mark Gato	6.20	Northern Illinois
38	Mark Gato	6.10	Northern Illinois
39	Mark Gato	6.00	Northern Illinois
40	Mark Gato	5.90	Northern Illinois
41	Mark Gato	5.80	Northern Illinois
42	Mark Gato	5.70	Northern Illinois
43	Mark Gato	5.60	Northern Illinois
44	Mark Gato	5.50	Northern Illinois
45	Mark Gato	5.40	Northern Illinois
46	Mark Gato	5.30	Northern Illinois
47	Mark Gato	5.20	Northern Illinois
48	Mark Gato	5.10	Northern Illinois
49	Mark Gato	5.00	Northern Illinois
50	Mark Gato	4.90	Northern Illinois
51	Mark Gato	4.80	Northern Illinois
52	Mark Gato	4.70	Northern Illinois
53	Mark Gato	4.60	Northern Illinois
54	Mark Gato	4.50	Northern Illinois
55	Mark Gato	4.40	Northern Illinois
56	Mark Gato	4.30	Northern Illinois
57	Mark Gato	4.20	Northern Illinois
58	Mark Gato	4.10	Northern Illinois
59	Mark Gato	4.00	Northern Illinois
60	Mark Gato	3.90	Northern Illinois
61	Mark Gato	3.80	Northern Illinois
62	Mark Gato	3.70	Northern Illinois
63	Mark Gato	3.60	Northern Illinois
64	Mark Gato	3.50	Northern Illinois
65	Mark Gato	3.40	Northern Illinois
66	Mark Gato	3.30	Northern Illinois
67	Mark Gato	3.20	Northern Illinois
68	Mark Gato	3.10	Northern Illinois
69	Mark Gato	3.00	Northern Illinois
70	Mark Gato	2.90	Northern Illinois
71	Mark Gato	2.80	Northern Illinois
72	Mark Gato	2.70	Northern Illinois
73	Mark Gato	2.60	Northern Illinois
74	Mark Gato	2.50	Northern Illinois
75	Mark Gato	2.40	Northern Illinois
76	Mark Gato	2.30	Northern Illinois
77	Mark Gato	2.20	Northern Illinois
78	Mark Gato	2.10	Northern Illinois
79	Mark Gato	2.00	Northern Illinois
80	Mark Gato	1.90	Northern Illinois
81	Mark Gato	1.80	Northern Illinois
82	Mark Gato	1.70	Northern Illinois
83	Mark Gato	1.60	Northern Illinois
84	Mark Gato	1.50	Northern Illinois
85	Mark Gato	1.40	Northern Illinois
86	Mark Gato	1.30	Northern Illinois
87	Mark Gato	1.20	Northern Illinois
88	Mark Gato	1.10	Northern Illinois
89	Mark Gato	1.00	Northern Illinois
90	Mark Gato	0.90	Northern Illinois
91	Mark Gato	0.80	Northern Illinois
92	Mark Gato	0.70	Northern Illinois
93	Mark Gato	0.60	Northern Illinois
94	Mark Gato	0.50	Northern Illinois
95	Mark Gato	0.40	Northern Illinois
96	Mark Gato	0.30	Northern Illinois
97	Mark Gato	0.20	Northern Illinois
98	Mark Gato	0.10	Northern Illinois
99	Mark Gato	0.00	Northern Illinois
100	Mark Gato	0.00	Northern Illinois

Rank	Name	Score	Team
1	Tim Daggett	9.80	UCLA
2	Chris Hedges	9.70	UCLA
3	Mark Gato	9.60	UCLA
4	Mark Gato	9.50	UCLA
5	Mark Gato	9.40	UCLA
6	Mark Gato	9.30	UCLA
7	Mark Gato	9.20	UCLA
8	Mark Gato	9.10	UCLA
9	Mark Gato	9.00	UCLA
10	Mark Gato	8.90	UCLA
11	Mark Gato	8.80	UCLA
12	Mark Gato	8.70	UCLA
13	Mark Gato	8.60	UCLA
14	Mark Gato	8.50	UCLA
15	Mark Gato	8.40	UCLA
16	Mark Gato	8.30	UCLA
17	Mark Gato	8.20	UCLA
18	Mark Gato	8.10	UCLA
19	Mark Gato	8.00	UCLA
20	Mark Gato	7.90	UCLA
21	Mark Gato	7.80	UCLA
22	Mark Gato	7.70	UCLA
23	Mark Gato	7.60	UCLA
24	Mark Gato	7.50	UCLA
25	Mark Gato	7.40	UCLA
26	Mark Gato	7.30	UCLA
27	Mark Gato	7.20	UCLA
28	Mark Gato	7.10	UCLA
29	Mark Gato	7.00	UCLA
30	Mark Gato	6.90	UCLA
31	Mark Gato	6.80	UCLA
32	Mark Gato	6.70	UCLA
33	Mark Gato	6.60	UCLA
34	Mark Gato	6.50	UCLA
35	Mark Gato	6.40	UCLA
36	Mark Gato	6.30	UCLA
37	Mark Gato	6.20	UCLA
38	Mark Gato	6.10	UCLA
39	Mark Gato	6.00	UCLA
40	Mark Gato	5.90	UCLA
41	Mark Gato	5.80	UCLA
42	Mark Gato	5.70	UCLA
43	Mark Gato	5.60	UCLA
44	Mark Gato	5.50	UCLA
45	Mark Gato	5.40	UCLA
46	Mark Gato	5.30	UCLA
47	Mark Gato	5.20	UCLA
48	Mark Gato	5.10	UCLA
49	Mark Gato	5.00	UCLA
50	Mark Gato	4.90	UCLA
51	Mark Gato	4.80	UCLA
52	Mark Gato	4.70	UCLA
53	Mark Gato	4.60	UCLA
54	Mark Gato	4.50	UCLA
55	Mark Gato	4.40	UCLA
56	Mark Gato	4.30	UCLA
57	Mark Gato	4.20	UCLA
58	Mark Gato	4.10	UCLA
59	Mark Gato	4.00	UCLA
60	Mark Gato	3.90	UCLA
61	Mark Gato	3.80	UCLA
62	Mark Gato	3.70	UCLA
63	Mark Gato	3.60	UCLA
64	Mark Gato	3.50	UCLA
65	Mark Gato	3.40	UCLA
66	Mark Gato	3.30	UCLA
67	Mark Gato	3.20	UCLA
68	Mark Gato	3.10	UCLA
69	Mark Gato	3.00	UCLA
70	Mark Gato	2.90	UCLA
71	Mark Gato	2.80	UCLA
72	Mark Gato	2.70	UCLA
73	Mark Gato	2.60	UCLA
74	Mark Gato	2.50	UCLA
75	Mark Gato	2.40	UCLA
76	Mark Gato	2.30	UCLA
77	Mark Gato	2.20	UCLA
78	Mark Gato	2.10	UCLA
79	Mark Gato	2.00	UCLA
80	Mark Gato	1.90	UCLA
81	Mark Gato	1.80	UCLA
82	Mark Gato	1.70	UCLA
83	Mark Gato	1.60	UCLA
84	Mark Gato	1.50	UCLA
85	Mark Gato	1.40	UCLA
86	Mark Gato	1.30	UCLA
87	Mark Gato	1.20	UCLA
88	Mark Gato	1.10	UCLA
89	Mark Gato	1.00	UCLA
90	Mark Gato	0.90	UCLA
91	Mark Gato	0.80	UCLA
92	Mark Gato	0.70	UCLA
93	Mark Gato	0.60	UCLA
94	Mark Gato	0.50	UCLA
95	Mark Gato	0.40	UCLA
96	Mark Gato	0.30	UCLA
97	Mark Gato	0.20	UCLA
98	Mark Gato	0.10	UCLA
99	Mark Gato	0.00	UCLA
100	Mark Gato	0.00	UCLA

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Utah On NCAA's Highest Plateau

Marsden Tops Women's All Around List

By Lyle Graves
USA Gymnastics Staff Writer

The women's 1984 NCAA National Gymnastics Championships posed the biggest challenge yet to the University of Utah's Lady Utes, aspiring for their 4th national title, at UCLA's Pauley Pavilion. This year UCLA, Cal State Fullerton, Arizona State, and Florida were ready for the challenge. Though the crowd was smaller than expected, there were three distinct cheering sections that made themselves known: fans from Utah, Cal State Fullerton, and the host fans, UCLA.

TEAM COMPETITION

The team competition was closer than ever. The top five team scores were within a 3.85-point spread. The Lady Utes' experience paid off, led by '83 all-around champ Megan Marsden. They turned in a conservative but consistent set to win their 4th consecutive national title and clinch the '84 NCAA National Women's Gymnastics Championships. Utah drew a bye in the final rotation and it seemed to the observer they had to

play catch up throughout the round. A closer look shows they started strong, winning vault by .75 over a fired-up UCLA team, who were hungry for an upset. They beat Cal State Fullerton for 1st (47.5) in uneven bars. The Lady Bruins, however, were awesome on uneven bars but they had to count a fall which cost them .5 on the event score (47.1). Balance beam was the decider as it often is, and it came down to who stayed on. And Utah had problems, but they counted fewer falls. Up until this point UCLA was making the Utes behind by only .7. UCLA finished competition with a strong floor set winning that event, but not closing the gap enough, as their fifth rotation was a bye, they could only watch as Utah won.

ALL AROUND

Megan Marsden closed the chapter on her collegiate career and again this year captured the 1984 all-around title as elegantly as she did in 1983. However, not without Lisa Zett (1) and Tami Elliott (.15) close behind. A three-way tie for fourth place was held by Linda Karlos (Utah), Ed Schrage (Florida) and Penny Hirschfeld (Alabama).

Each year the Women's Division I coaches nominate an outstanding senior who exemplifies achievement and leadership.



Dennis Keith Nally of UCLA was named the 1984 American Award winner recently. During the NCAA competitive floor placed seventh in the all-around (Nally) Lisa Zett from Arizona State earned in a good performance finishing second all-around (198.2 points) in 1984 (Steve Smith).

ship in athletics, scholarship and civic involvement. Donna Krupp of UCLA not only took seventh in the all-around, but was voted the 1984 American Award Winner. This award was presented to her by Don Copeland of AMF American Corp., sponsors of the award, at a brunch, prior to final competition.

OVERVIEW

The caliber and quality of gymnastics performance was higher and more exciting than ever before. For example, the top 16 all-around scores at this year's meet ranged from 56.45 to 57.9 in a mean of 57.1. At an international all-around competition held earlier this year at Madison Square Garden, the McDonald's/USGF competitors ranged from 46.45 to 59.5 and a mean of 57.6 of which 7 is not a big point spread. The point being that many of our elite international competitors are staying in gymnastics longer helping to enhance the quality of collegiate gymnastics.

In talking with the new assistant coaches at the University of Utah, Bill Sands and Donna Cozzo who have both made the switch from a successful USGF elite and international program to the collegiate ranks, I asked how they felt about the competi-

tion and about the trend of gymnastics at the collegiate level. Donna remarked, "the meet was far more competitive than I had anticipated. In general, with the exception of bars, the skills being performed were on par with many of our national elite competitors, maybe not our top elite, but certainly not too far below. I think you'll see many more of the elite competitors staying in the sport longer primarily because the international competitive age limit is higher (19). In addition to opportunity for the girls to go to a university for an education and be able to utilize a good facility and good coaching." I further asked about some of the transitions that a competitor might make. "In general they have to get used to working out less and competing more, which I think in the long run makes them a much better competitor. The team concept plays a much more emphasized role at the collegiate level and it helps the individual competitors collectively achieve their goals. They are not pitted against each other individually as much as at the elite level, therefore, the pressure on the kids is not as great."

"The meet was far more competitive than I had anticipated. In general, with the exception of bars, the skills being performed were on par with many of our national elite competitors."—Donna Cozzo

I asked Bill about some of the problems for the athletes who wanted to continue training for international competition. "Racism, scheduling is the biggest problem. The two seasons, at present, conflict and it puts too much strain on the athlete to



Megan Macdonald, of Utah, capped off her collegiate career by winning the all-around title during the USGF championship held in Los Angeles. (USGF photo) © 1984 Dave Miller

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train for compulsory, regular collegiate competitions, maintain statistics, prepare for qualifying meets and international travel. I'm not sure what the answer is, possibly if as in the men's program some of the collegiate meets could be used as qualifiers into USA Championships, that might discourage or rather encourage college-age women to stay in a collegiate program rather than dropping out to train for international competition. One of the key issues I see for an athlete who joins a collegiate program is whether or not she will continue to improve her gymnastics, i.e., gymnastics skills, personal growth, competitive ability, and I know at Utah that is one of our goals. As an overall observation since my involvement with the NCAA is that while it might seem somewhat restricting with everything you want to do, the rules and guidelines are pretty explicit and make it easier to work within and do your job. They seem a lot more consistent as present than the USGF's elite level. I look forward to findings a happy medium between the NCAA coaches and elite coaches."

FINAL NOTES

With the quality of their scoring difficulty and competition on uneven bars, their maturity, elegance and difficulty on floor and beam, and their power on vaulting, the competitors of the 1984 NCAA Women's National Championships not only came to compete, they came to make a statement about collegiate gymnastics, and they did. Congratulations ladies and coaches on a job well done.

Panel B item (video) of California State at Fullerton placed Matt in the all-around with 57.75 points (USGF photo) - 1984 Girl in black.



NCAA Women's Gymnastics Champions April 4-7, 1984 Pavilion, UCLA

Final Standings All-Around Competition Standings

Rank	Name	U	UT	BB	FS	TS	Team
1	Wendie Stender	0.00	0.00	0.00	0.00	0.00	Utah
2	Lisa Fox	0.00	0.00	0.00	0.00	0.00	Arizona State
3	Tina Smith	0.00	0.00	0.00	0.00	0.00	Cal St. Fullerton
4	Lynette Heston	0.00	0.00	0.00	0.00	0.00	Utah
5	Elly Koenig	0.00	0.00	0.00	0.00	0.00	Penn. State
6	Phyllis Hunsicker	0.00	0.00	0.00	0.00	0.00	Utah
7	Debbie Kemp	0.00	0.00	0.00	0.00	0.00	UCLA
8	Carla Givens	0.00	0.00	0.00	0.00	0.00	Cal St. Fullerton
9	Lisa Wilson	0.00	0.00	0.00	0.00	0.00	Utah
10	Tina Smith	0.00	0.00	0.00	0.00	0.00	Georgia
11	Alana Ann	0.00	0.00	0.00	0.00	0.00	Fla. St.
12	Jane Smith	0.00	0.00	0.00	0.00	0.00	Arizona
13	Rita Hall	0.00	0.00	0.00	0.00	0.00	Arizona State
14	Janet Kuehler	0.00	0.00	0.00	0.00	0.00	Utah
15	Paul Lyons	0.00	0.00	0.00	0.00	0.00	Penn. State
16	Tina Smith	0.00	0.00	0.00	0.00	0.00	UCLA
17	Kathy Heston	0.00	0.00	0.00	0.00	0.00	Georgia
18	Lisa Smith	0.00	0.00	0.00	0.00	0.00	Individual Comp
19	Wendie Kemp	0.00	0.00	0.00	0.00	0.00	Individual Comp
20	Sharon Smith	0.00	0.00	0.00	0.00	0.00	Arizona State
21	Jane Kuehler	0.00	0.00	0.00	0.00	0.00	Arizona State
22	Debbie Kemp	0.00	0.00	0.00	0.00	0.00	Cal St. Fullerton
23	Alana Ann	0.00	0.00	0.00	0.00	0.00	Individual Comp

Final Standings Team Competition Standings—Final Score

Rank	Team	Total	U	UT	BB	FS
1	Utah	180.00	47.00	47.00	45.00	41.00
2	UCLA	165.00	41.00	47.00	45.00	32.00
3	Cal St. Fullerton	160.00	40.00	47.00	45.00	28.00
4	Arizona State	155.00	40.00	45.00	45.00	25.00
5	Penn. State	150.00	40.00	45.00	45.00	20.00
6	Alabama	145.00	40.00	45.00	45.00	15.00
7	Fla. St.	140.00	40.00	45.00	45.00	10.00
8	Georgia	135.00	40.00	45.00	45.00	5.00
9	Cal St. Fullerton	130.00	40.00	45.00	45.00	0.00
10	Arizona	125.00	40.00	45.00	45.00	0.00

Final Standings Floor Exercise

Rank/Place	Score/Team	Rank/Name	Score/Team
1	0.00/Utah	1	0.00/Utah
2	0.00/Utah	2	0.00/Utah
3	0.00/Utah	3	0.00/Utah
4	0.00/Utah	4	0.00/Utah
5	0.00/Utah	5	0.00/Utah
6	0.00/Utah	6	0.00/Utah
7	0.00/Utah	7	0.00/Utah
8	0.00/Utah	8	0.00/Utah
9	0.00/Utah	9	0.00/Utah
10	0.00/Utah	10	0.00/Utah

Uneven Parallel Bars

Rank/Name	Score/Team	Rank/Name	Score/Team
1	0.00/Utah	1	0.00/Utah
2	0.00/Utah	2	0.00/Utah
3	0.00/Utah	3	0.00/Utah
4	0.00/Utah	4	0.00/Utah
5	0.00/Utah	5	0.00/Utah
6	0.00/Utah	6	0.00/Utah
7	0.00/Utah	7	0.00/Utah
8	0.00/Utah	8	0.00/Utah
9	0.00/Utah	9	0.00/Utah
10	0.00/Utah	10	0.00/Utah

Vault

Rank	Name	Rank 1	Rank 2	Rank 3	Team
1	Alana Ann	0.00	0.00	0.00	Utah
2	Phyllis Hunsicker	0.00	0.00	0.00	UCLA
3	Carla Givens	0.00	0.00	0.00	Utah
4	Paul Lyons	0.00	0.00	0.00	Penn. St.
5	Wendie Kemp	0.00	0.00	0.00	Georgia
6	Alana Ann	0.00	0.00	0.00	Utah

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Expert Defines Group Routine

By Dr. Annelle S. Heyman

The term "group routine" as it is used in Rhythmic Gymnastics competition refers to an optional composition performed by a total of six gymnasts, each with one piece of apparatus.

Unless directly or indirectly involved in the relatively new competitive sport of Rhythmic Gymnastics, relatively few people in the United States have seen group competitions (since the first time group competition took place) at the 1971 National Championships with two groups competing; there have only once or twice been as many as three groups competing in a given meet.

The group exercise event is probably the most spectacular and most fascinating event to watch. With the simultaneous action of six gymnasts and the constant change from one formation to another, as well as frequent exchange of apparatus, the spectators have much to observe and keep them interested.

In choreographing a group routine for competition there are specific rules that must be adhered to. Since the typical characteristic of the group routine is the participation of each gymnast in a homogeneous way and in a mutual spirit, the choreographer must plan the composition so that throughout its course the gymnasts' interplay, and cooperation. This does not necessarily mean that all gymnasts do exactly the identical movements at the same moment throughout, from time to time the gymnasts may work in subgroups of two or three gymnasts, but the total picture should be one of unity, perfect harmony and cooperation of six gymnasts of similar level of ability. All the gymnasts must demonstrate work of equal value throughout.

Since all are to work equally throughout the routine and since the duration of the group routine is from two minutes and 30 seconds to three minutes, gymnasts have to be in good shape in terms of endurance.

The group routine should contain a minimum of two superior and six medium difficulties. These should be spaced evenly throughout.

At the 1967 World Championships, the duration of the group routine was three minutes and 30 seconds to four minutes, which apparently was too long, because already at the following World Championships the duration had been changed to three minutes to three minutes and thirty seconds. In the early 70s the time limit was again changed to the one presently used.

The apparatus used may be all of one kind or two different types of apparatus. Since the group exercise was reinstated as an event in the Rhythmic Gymnastics World Championships in 1967, following combinations of apparatus have been used: 6 hoops (1967), 6 balls (1969), 5 hoops and 5 balls (1971), 6 hoops (1973), 5 ropes and 5 balls (1975), 6 clubs (1977), 6 hoops (1979), 5 balls and 4 ribbons (1981), and 5 hoops and 5 ropes (1983). The apparatus used must be identical as to material and size but may vary in color.

The technical requirements for the group composition are the same as for individual compositions with the same implement(s). The peculiar specifics in exercises with hand apparatus rest entirely in the fine differentiation of the entire exercise, which must always adhere to the character of the specific implement. The apparatus must not serve merely as a

decorative requisite, but should be in constant undisturbed movement during the entire exercise, and the body movements must respond to the physico-mechanical properties of the implement. The body movements should be "total" movements involving the entire body, performed with correct posture, proper amplitude, appropriate speed, and showing contrast between contraction and relaxation.

Since movements without implements are one of the criteria used in evaluating the work with apparatus as to the level and quality of execution, as well as to evaluate the difficulty of the exercise, it is of utmost importance, that the gymnasts are well trained in the various groups of movements specific to exercises without implements. These movements are: various modes of locomotion, different kinds of swinging of arm and trunk, flexions of the trunk and total body waves; elements of balance using different parts of the body as support, turns and pivots, and leaps. Through the free exercises the gymnast develops flexibility, strength, dance technique and coordination. The manipulation of the specific apparatus presented in relation with the free movements enables the gymnast to show her skill, her degree of flexibility, her coordination, her sense of timing and rhythmic accuracy, and her quality of movement.

Each apparatus has two major groups of elements: fundamental groups and supplementary groups. Fundamental groups of elements include generally movements that seem to be dictated by the nature of the apparatus, for instance, with the ball the "natural" movements are rolling, bouncing and throwing; for the rope the fundamental groups are stepping with the rope and leaps with the rope. Supplementary groups for the ball include swinging, rotation, and movements with the ball balanced on the hand; for the rope the other elements are throwing and all types of swinging of the rope (in circles, figure 8, etc.).

In the interest of balance throughout the exercise, a good composition must not only include all the groups of elements for the particular kinds of implements, but it should also include different types of the specific groups of elements such as different types of rolling, bouncing, and throwing in the case of the ball.

The group routine should contain a minimum of two superior and six medium difficulties. These should be spaced evenly throughout the choreography and may be performed while in a given formation or while travelling. They may be performed either simultaneously by all the gymnasts or at different times by subgroups of two or three gymnasts if not too far apart in time of use.

All six gymnasts should execute at least three difficulties with the left hand, and in addition the right and the left hand should be evenly occupied.

An important element of relationship between the gymnasts in the group exercise is the exchange of the implements between them. The exchange may be executed by tossing, rolling or bouncing (according to implement(s) employed) a specific distance. The routine must contain a minimum of four difficulties as exchanges, with one of these being of superior difficulty. During the exchange the gymnasts may simultaneously change place, the distance of the exchange, together with the bodily movement during the exchange, determines the degree of difficulty of the exchange. In the case of routines using two different types of implements exchanges between identical implements do not count as difficulties.

A noticeable difference between a floor exercise in artistic

gymnasts and as rhythmic gymnastics is the absence of acrobatic skills in the latter. A properly choreographed rhythmic routine does not display any cartwheels, hand springs or saltes; however, the routine may include as many as three so-called pre-acrobatic movements such as forward and/or backward rolls, transitory splits, chest or shoulder support with the legs lifted high, and transitory support on one or two hands during which the legs do not pass through the vertical. The pre-acrobatic elements must be related to the work with the apparatus.

When planning the composition the choreographer must take into consideration the entire surface area available. A minimum of six different formations should be included and these can utilize all six gymnasts or sub-groups of varying numbers of gymnasts. Formations possible using six gymnasts are as follows:

- straight line
- triangle
- circle
- hexagon
- semi-circle or curve
- and various forms of irregular formations

When using sub-groups there are many different combinations available to the choreographer: 1) 2 and 4 gymnasts, 2) 3 and 3 gymnasts, 3) 1 and 5 gymnasts, 4) 3 x 2 gymnasts.

Similar formations, but in a different place of the floor area, may be considered as "different" formations.

The choreographer can, through proper amplitude of the various formations and by using different directions and different positions of the formation on the floor, utilize the entire floor area.

The different formations should be distinct, should follow

one another in a logical sequence, with logical transitions from one to the next.

The choice of music is generally left to the choreographer. Whatever type of music is chosen it should be emotional, joyful, show variation as to tempo, meter and rhythm. It is of utmost importance that the gymnasts like the music; and that the listening to the music is a pleasure for the gymnasts, as well as for the spectators. Original music, composed specifically for the routine is preferable, however, arranged musical works are most frequently used.

The exercise and the music should have the same quality, same lengths of phrases, same rhythmic structure as to accents, tempo and volume.

Group routines as those performed at the World Championships today are showing increasingly more specialized handling of the apparatus with difficult combinations, complex synchronized patterns, and a variety of spectacular exchanges of the apparatus at times performed from back to back positions with "blind" lowering and catching. To learn such routines to perfection requires endless training as a group.

However, a group routine does not have to be that complex. For beginners it is important first of all to select movements which can be performed by all the gymnasts. Secondly, the routine can be choreographed to include any number of gymnasts and with only few formations which easily can be assumed without displacement over a longer distance. Any exchanges of the implements should be kept very simple, and perhaps done without simultaneous exchange of positions.

The main objective of a group routine in this stage of development is to have the gymnasts work in unison with a partner or a group and have her experience a measure of success as a performer. Even a simple routine, seen from a choreographic point of view, can look quite impressive if performed with precision as to patterns and synchronization, and with secure handling of the implements.

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American College of Sports Medicine (ACSM) Sports
Medicine in Gymnastics

Registration 8:30 am
Session 9:00 am-5:30 pm
American Coaching Effectiveness Program (ACEP)
Registration 7:00 pm
Seminar 7:30 pm-10:00 pm

September 20, 1984

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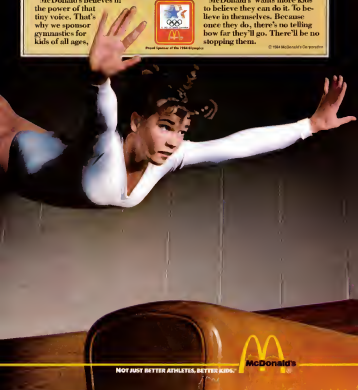


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from local meets all the way to the Olympics. From Head Over Heels Gymnastics programs that get kids started to the U.S. Olympic Gymnastics Team that lets them shine.

McDonald's wants more kids to believe they can do it. To believe in themselves. Because once they do, there's no telling how far they'll go. There'll be no stopping them.

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